

timed by RMS Sports. easy or as hard as you want. This event will be chipped through the woods, across creeks, up hills and through both competitive and lamily oriented. You can make it as "some" mud. There will be obstacles along the way. It is This is a 4(+/-) mile trail run. The course will take you

LOCATION

950 Kimball Rd. China Grove, NC 28023 J. Fred Corriber Jr. YMCA

ENTRY FEES

	By Sept 17	RACE DAY
Individual:	\$25	\$35
	\$100	\$140
	\$50	\$70
JROTC:	\$40	\$80

DIVISIONS

Individual: 13-19, 20-29, 30-39, 40-49

50-59, 69-69, 70+

Four Person Team: Teams must have a team name. All Male Teams

All Female Teams Co-ed Teams

JROTC: 4 person team. Team members must be high school students from the same school and enrolled in the JROTC program. Matching shirts required. Two Person Team: Same as Four person team

AWARDS

Phidippides Sports Center \$50 gift certificate to first local temale and co-ed for both 4 person and 2 person teams. Team: Awards will be given to top overall teams; male Awards to top male and lemale in each age group. Overnight Family package to Great Wolf Lodge. Individual: Overall male and lemale winners will receive a JROTC: Winning team will receive a trophy.

- completed in order to qualify for prizes The course and all obstacles must be successfully
- Race officials have final say on all aspect of the race especially SAFETY.
- No interference with other participants as they navigate across obstacles.
- Sorry, no dogs, baby strollers or baby joggers on the course, but all are allowed at the race site
- No drugs or alcohol allowed at event.
- Race numbers must be on and visible throughout the

TEAM INSTRUCTIONS

- NOEXCEPTIONS Signatures for each team member must be on a form
- must complete a registration form and bring it to the substitutions. race. There is no charge for team member If you substitute a team member, the new team member
- team in order to qualify for prizes All team members must start and linish together as a
- Team members may assist each other across al
- Teams will observe all rules and salety requirements

ADDITIONAL INFORMATION

Friday and Saturday night. To rent a camp-site, please served bases. Camp sites will be available for both Down and Dirty Adventure Run on a lirst come, lirst call /04.857.2411 Camp sites will be available to participants of the

your bib number and have full access to the facility. Saturday and Sunday to all participants. Just show The J. Fred Corriher Jr. YMCA will be opened Friday

START TIMES

Individual: 9:00 am Teams: 10:00 am

POST RACE ACTIVITIES

Kids: 11:00 am

Awards: 11:45 am

hike, camp, use the YMCA or just relax. enjoy. Everyone is also encouraged to stay and fish Food, music and inflatables for all participants to

SHOWERS

and campers Friday, Saturday and Sunday. YMCA showers will be available to all participants

KEY VALET

valuables in your car. You can leave your keys with us Please leave all jewelry, wallet, and any other while you run. Just drop them off at the tent marked Key Valet.

SPONSORED BY









This is a charity event. There will be no refunds No exceptions.

Door Prizes will be drawn from pre-registered runners only Overall Winners are not eligible for Age Group Awards



COURSE

and have to complete several obstacles. Participants will run around a portion of the sport fields This is a 1/2(+/-) mile run for kids 12 and under

AWARDS

All participants will receive an award after completion

ENTRY FEES

By Sept 17 RACE DAY

Fun Run:

NOW THE NEW TONING TO TONING T

M/F				S M L XL XXI (circle one)	ADVENTURE RUN DIVISIONS	IDIVIDUAL DIVISION TEAM DIVISON	
Age	8	Zip		T XT	S RUN D	SION TE	
	1 3				ENTUR	IDUAL DIVI	ME:
Vame	ddress	tate	hone	hirt Size:	ADV	DIV	EAM NAME:

Co-ed	Co-ed	0
Female	Female	ROTC (4-person teams only
Male	Male	C(4-pers
2-Person:	4-Person:	JROT

All pre-registered participants will receive a t-shirt. Race Day will be first come, first served.

FUN RUN DIVISION

ss 5-12 only)	(circle one)
IN (ag	AS
FUN RU	YM
R KIDS.	XS
DIRT DOBBER KIDS FUN RUN (ages 5-12 only	Childs Shirt Size:

All participants will receive a medal and a t-shirt.

Contact:

For more information please visit us on facebook

acrowe@rowanymca.com Aaron Crowe 704.857.7011

ONLINE: www.active.com

RACE DAY: 6:30 am to 8:00 am

Pack Pick Up: Sept. 23 4:00 pm to 8:00 pm at the YMCA

MAIL: Please make entry fee payable to:

Down & Dirty Adventure Run Landis, NC 28088 Town of Landis P.O. Box 3165

or without a signed waiver will be returned! Each team Please note! Applications without the correct entry lee member must sign their own registration form.

ENTRY FEES

4 Person Team \$100 Fun Run \$10 2 Person Team \$50 Individual \$25 ROTC \$40

Sept. 18 - 24

Fun Run \$15 4 Person Team \$140 2 Person Team \$70 Individual \$35 ROIC \$80

Entry Fee(s)

Tax Deductible Donation to INVEST IN YOUTH

Total Amount Enclosed

WAINER

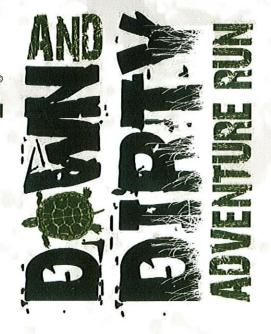
aforementioned Town of Landis event I hereby discharge In consideration of my or my child's participation in the claims of any kind whatsoever arising out of the actions staff of any physical conditions that may hinder my or of the above said participants or agents, to the extent YMCA, any and all employees or agents thereof of all allowed by law. I have informed the Town of Landis and release the Town of Landis, the Rowan County my child's participation in said event.

SIGNATURE:

(Parent/Guardian must sign if under 18)

DATE:











September 24, 2011

