

**Living History Farms Road Race Information (7+ mile race) :** Team Names you need to sign up for:

(18 and under) **H.S. Girls Team/Middle School Girls Team** name for entry form: **Runnin' Jays**

(18 and under) **H.S. Boys Team/Middle School Boys Team** name for entry form: **Seward Jays**

(Holliday's Team or Seward Alumni Men/Parents) **Men's Open:** (19-up) **Runnin' Lopes**

(Seward Alumni Women/Parents/Spouses) **Women's Open:** (19-up) **Kurt's Kids**

**The Deadline to register is at 7500 runners and last year it filled up in 2-1/2 days, so you need to sign up on the 30<sup>th</sup> if you want to go! The cost last year was \$35. You will need to register on-line, no mail in orders are available. They will close registration early once they have reached the maximum capacity of 7,500 runners. Your parents are welcome and encouraged to run as well (we will need drivers). You will need transportation to get there. Don't plan on me finding you transportation.**

To register on-line go to [www.fitnesssports.com](http://www.fitnesssports.com) , then go to the Nov. Races and click on Living History Farms Race.

You will be required to register on-line and you will need to click on the box that says Get Me Registered and if your team name is not listed enter team name from above. You will need to have a credit card to pay for registration.

People who went last year:

Driving: Coach Holliday (Going Early) Lewis family (plus 4?) Rech Family (?)

People going: Lewis Family, Holliday Family, Ethan Damman, J.P. Rech, Jake Dexter, Joe Schulz and Gavin Felix. Joe and Kristina Phillips (meet from Wisconsin), Ryan Coufal Crew (meet us there), Elwell's (meet us there), Lindsey Wallman (Meet us there).

### **Trip Itinerary**

***Friday, November 16<sup>th</sup>:***

3:30-Leave from the school parking lot. Depending on the number of runners, we might need some parents to drive.

**Directions: 3-1/2 Hours=208 Miles I-80/I-35 Take US-6/Hickman Rd. exit, Exit #125 – towards ADEL - Turn right onto US-6 East Hickman Rd. - Make left at NW 111th St.**

6:00 – Stop and use restrooms – Around Shelby Iowa Exit 34 (The Corn Crib).

7:30-8:00 – Pick up our packets and shirts

8:00-8:30 – Check in at Hotel. We will be staying at the Sleep Inn Living History Farms. 11211 Hickman Rd. Urbandale, IA 50322. (Phone number is (515)-270-2424) I have five rooms reserved for all of the runners and any parents who will need one. We will divide up the cost of the rooms by the number attending. Parents, if you would like to go please let me know so that I can reserve one of my room's for you. Cost of room will be approximately \$40 a person.

8:30 – Order pizza, bring money for pizza or you can eat next door at the Machine Shed (Pasta Buffet).

10:00 – Pool hours end for 17 years of age and under.

11:00 – Pool hours end for 18 years of age and older.

11:00 – In rooms and quiet.

12:00 – Lights out and sleeping. A couple of you might need to bring sleeping bags and pillows.

***Saturday, November 17<sup>th</sup>.***

7:30 am – Rise and shine...it's butt kicking time! Get dressed and ready to run. A light breakfast if any. There will be plenty of food after the race as well.

8:00 am – Warm-up if you wish.

8:20 am – Back to room, change shoes and stretch.

8:40 am – Head to the start of course

9:00 am – Race

10:00 am – Food at the tent, awards following.

10:30 am – Shower

**10:45 am – New this year Little Kids Race (10 years of age and under) Free or \$5 for an optional t-shirt – they did away with the 1 mile fun run.**

11:00 am – Awards Ceremony

11:30-12:00 pm – Leave for home

1:45-2:00 pm – Eat Lunch at Subway in Underwood IA exit #17?

3:30-4:00 pm– Approximate arrival back in Seward.

Any questions please call Coach Holliday at 402-643-4227