

The ALL9Yards Sycamore 8 & Work Systems Rehab Maffitt 4

Dale Maffit Reservoir

Eight or Four mile trail run

Saturday, December 8, 9:00am

ALL9Yards Realty John Meyer, DDS WorkSystems Rehab

Sally Logan Helping Hands Therapeutic Massage Mark Courter State Farm Insurance PowerBar

The 5th Annual Sycamore 8 and Maffitt is an off road run on the trails around the south end of Maffit Lake, SW of Des Moines. We will be supporting the Leukemia and Lymphoma Society's Team In Training program again this year!

COURSE: This is an out-and-back course covering 8 Miles or so of a rolling dirt and grass trail with a few short steep hills. Any number of hazards may and will be present, including rocks, ruts, mud, snow, sticks, roots... You get the idea, Run carefully! Water will be available at the turn around point, approximately mile 4. Runners will be greeted with warm soup and hot cocoa at the finish, thanks to Great Midwestern Café! The 4 mile course is the same but you turn around at mile 2.

ENTRY: \$20 gets you in until December 6th, \$25 after that. Packet pick-up is on Friday, Dec. 7th from 5-7pm at ALL9Yards Realty 3031 86th Street in Urbandale, or at from 7-8:30am at the Start. \$2 discount for Capital Striders members. No need to designate which run you are doing—you can decide that day—just turn at the 2 mile marker to run the 4! (separate finish chutes)

AWARDS: 1st place, overall and masters (40+) male and female, will receive beautiful handmade trophies. Top three in each 10yr. age group will receive beautiful plaques. Top three overall in the 4 mile receive awards. The awards ceremony will be from 11-11:15am near the finish area. Dress warm!!! All participants will receive a long sleeved t-shirt.

Send completed form by December 6th, along with payment to:

Sycamore 8; 8109 N. Walnut Creek Dr. Urbandale, IA 50322

Or register online at www.active.com

Questions: ask Dave at dave@all9yards.com or 515-309-0900

Map and info www.all9yards.com/sycamore8

Name _____ Age on 12/08/07 _____ Guy [] Girl []

Address _____ City _____

State _____ Zip _____ Phone _____ e-mail _____

Emergency Contact Name _____ Phone _____

Entry Fee \$ _____
(\$20 by 12/7/07, \$25 after that)

T-shirt Size; S[] M[] L[] XL[]
(sizes not guaranteed, but we'll try our darndest!!)

Make checks payable to: Sycamore 8

In consideration of acceptance of this entry, I intending to be legally bound, do hereby, for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters, volunteers, and officials associated with race and event, their representatives, successors and assigns for any injuries incurred by me during, because of or in travel to or from race or event.

Signed _____ Date _____ Parent/Guardian _____
(If participant is under 18 years)