

**WWI TEAM DISTANCE RELAY
ON THE HIGH TRESTLE TRAIL
REGISTRATION PACKET**



PAVE THE JUNGLE

JULY 23

WW1 ON THE HIGH TRESTLE TRAIL

50 TEAM LIMIT

Registration Form

| | | | | | | | |
|---------------|--|-------------|---|---|----|-----|------|
| Team Name: | | | | | | | |
| Team Captain: | | Shirt Size: | M | L | XL | XXL | XXXL |
| Home Phone: | | Cell Phone: | | | | | |
| Email: | | | | | | | |
| Team member: | | Shirt Size: | M | L | XL | XXL | XXXL |
| Team member: | | Shirt Size: | M | L | XL | XXL | XXXL |

Please make all checks out to the M Foundation

| | | | | |
|--------------------|--|-----------------------------|---|--------------------------|
| Entry Fees | <i>All fees include WW1 race, t-shirt, and entrance to the after party</i> | | | |
| Team Fee | \$100 (postmarked by July 1) | \$115 (after July 1) | x | <input type="checkbox"/> |
| Family Fee | \$75 (combination of parents & children - 25 and younger) | | x | <input type="checkbox"/> |
| Single Fee | \$35 (postmarked by July 1) | \$40 (after July 1) | x | <input type="checkbox"/> |
| | <input type="checkbox"/> Please place me on a team for the event | | | |
| | <input type="checkbox"/> I want to run the entire course (no team) | | | |
| After Party | \$10 (for friends & family who are not running - under 5 free) | | x | <input type="checkbox"/> |

Total Amount Included \$ _____

Please submit registration and payment to:

The M Foundation
Attn: WW1
PO Box 82
Madrid, IA 50156



JULY 23

WW1 ON THE HIGH TRESTLE TRAIL

Pre-Race Info

What is WW1?

WW1 is a unique team distance relay race that is designed to promote fitness and raise money for the Pave the Jungle project. The event utilizes the High Trestle Trail (not roads) beginning in Woodward and ending at the Snus Hill Winery just outside Madrid.

There are 3 legs to the race and each team will make use of a “trail vehicle” to drop off and pick up team members at marked points. The first “hand-off” will take place in the middle of the High Trestle Bridge over the Des Moines River. The 13-story bridge is one of the highest pedestrian bridges in the world and spans 3/4th of a mile.

WW1 is a recreational event that is open to runners of all levels. As an added measure of fun, there will be a food challenge at each of the two exchange zones or the teams may chose a time penalty. There will be a limit of 50 teams competing.



Event Registration

Please print out and use the entry form that is provided with this packet or that you have obtained from a sponsor web site. Fill out the form in its entirety and mail your check or money order along with it to:

The M Foundation
Attn: WW1
PO Box 82
Madrid, IA 50156

Your registration will not be complete until we have received your check and processed it, usually taking 3-5 days from the day mailed out. We are accepting “day of” registrations for this event. Entry fees are non-refundable and non-transferable for this event. Once we have received the registration form all entries are final.

Schedule

Saturday, July 23

- 3:00 pm:** Check in and “day of” registration begins
- 4:15 pm:** Team vehicles leave for Woodward
- 4:30 pm:** First runners report to starting area
- 5:00 pm:** Kids carnival begins
Race begins
- 6:00 pm:** After party and food service begins
- 7:00 pm:** Music begins
- 10:00 pm:** After party end
- 10:01 pm:** After-after party begins (Flat Tire Lounge)

WW1 ON THE HIGH TRESTLE TRAIL

Race Info

High Trestle Trail

The 25-mile trail was built on an existing railroad bed and connects the communities of Ankeny, Sheldahl, Slater, Madrid, and Woodward. The focal point of the trail is the 13-story high bridge running over the Des Moines River.

This half-mile long destination bridge has special lighting and six overlook spots where people can step off the trail and enjoy the views. Both the natural scenery and the bridge itself are a sight to see. Because the bridge is located near numerous mining shafts, the design of the bridge is an artistic view through a mine shaft. **The trestle bridge is the fifth largest in the world and quite breathtaking.**



Course Layout and Exchange Zones

The race will be divided into three legs with two exchange zones. The initial leg will begin at the High Trestle Trailhead in Woodward. All of the race will be on paved trail, except for the final mile of Leg 3 which will be on gravel. Each exchange zone will have a food or beverage challenge for the next runner, runners opting out of the challenge will receive a 1 minute penalty. There are two highway crossing (1 each on Leg 2 and 3) that will have traffic control.

Leg 1: Escape From Woodward - 2.87 Miles

Exchange Zone 1: Middle of High Trestle Bridge

Leg 2: Enter the Jungle - 2.79 Miles

Exchange Zone 2: Flat Tire Lounge Deck

Leg 3: Assault on Snus Hill - 4.77 Miles

Prizes

The overall winning team will receive free entry into next years WW2 event. In addition, the top five teams will receive special champions technical t-shirts



WW I ON THE HIGH TRESTLE TRAIL

Race Day

Directions

From Des Moines:

Once on I35-80, exit on Hwy 141 heading west. Exit on Hwy 17 (prior to Granger) heading north. Hwy 17 will take you directly into Madrid. Once in Madrid, turn east on Hwy. 210 (Casey's) and continue approximately 3.5 miles to Violet Ave. (gravel). Turn north on Violet Ave. and go 1 mile to 320th Street. Turn east onto 320th Street and Snus Hill Winery will be on the north side of the road.

From Boone / Ames:

Once on Hwy 30, exit on Hwy 17 heading south. Hwy 17 will take you directly into Madrid. Once in Madrid, turn east on Hwy. 210 (Casey's) and continue approximately 3.5 miles to Violet Ave. (gravel). Turn north on Violet Ave. and go 1 mile to 320th Street. Turn east onto 320th Street and Snus Hill Winery will be on the north side of the road.



Race Packet Pickup

Packet pick-up and day-of registration will be held at Snus Hill Winery (site of finish and after party). Registration will be inside of the winery main building. You may register at the time that you pick up your packer, however you will not be guaranteed a specific T-shirt.

Parking

Parking will be available near the start/finish and post-race concert areas at Snus Hill Winery. There are parking lots and plenty of room available along the roadside (gravel). Please be aware that each team will need a "trail vehicle" to drop off and pick up team members along the race route.

Trail Vehicle

Each team is responsible for having their own official trail vehicle. The official vehicles will drop their runners off at Exchange Points, then drive the remainder of the team to the next Exchange Point to wait for the runner. The next runner in line then takes the "baton" and continues running. The recently finished runner then gets into the vehicle with the rest of the team and drives to the next Exchange Point. A detailed map will be provided in each registration packet for the driver.

Kids Carnival

There will be a kids carnival outside at the Winery beginning at 5 PM and continuing through the race designed for pre-K through elementary. All proceeds from the carnival will benefit the Madrid After-Prom.

WW 1 ON THE HIGH TRESTLE TRAIL

After-Race Party

Remember To Bring

- **Picture ID**
- **Change of Clothing** (*if you wish to change before the concert*)
- **Money for Food and Beverages**
- **All of Your Family and Friends!**



Post-Race Meal

The St. Malachy's Knights of Columbus will be grilling hamburgers and brats with various sides and desserts. A complete meal will be available for \$5 and individual sandwiches available for \$3.

Snus Hill Winery

Snus Hill is an award-winning family owned winery in rural Iowa striving to create wines with a regional identity reflective of the soils and climate using American and French-American varieties

Snus Hill will have a wide variety of white, rose, red, and speciality wines available. They will also have Bud Light, Bud Light Lime, Michelob Golden, Michelob Ultra, and Natural Light. Pop and water will also be available.

After-Race Party

Your registration fee also includes entrance into the after-race party at Snus Hill. After running hard, this is your opportunity to party hard. The general public is also invited to attend this event with tickets available for \$10 and children under 5 are free.

The after-race party includes:

- Live music
- 50/50 raffle
- Bocce ball
- Awards presentation
- Kids activities

WW I ON THE HIGH TRESTLE TRAIL

Sponsors

SNUS HILL WINERY

FLAT TIRE LOUNGE

WOODWARD ACADEMY

UNICLIP

MEDICAP PHARMACY

KIRKPATRICK PLUMBING

SYNGENTA / GARST

BENEVENTI CHEVROLET

LONE WOLF FINANCIAL

OLSEN PC SERVICES

CHASE DECALS

MOTHERS CUPCAKERY

LITTLE DEBBIE

