

6 p.m.	10k Bicycle Fun Ride & Iowa Games Fun Ride
7 p.m.	Captain's Kid Run
7:30 p.m.	5k Race & Walk
8:30 p.m.	10k Featured Race
8 p.m. to 1 a.m.	Party
11 p.m.	Awards Ceremony



Through the years, the best race shirt in Iowa. A real collector's item that you will want to wear all summer.



The Midwest's best post-race event, featuring live music, a picnic meal, pop and beer. Don't miss the party or leave before the clock strikes Midnight or you hear Captain Midnight tell a joke.

Captain's Kid Run

7 p.m. for Kids 9 & under or kids at heart. FREE, just show up. An out and back course from the start line. Special Captain awards to all participants.

Registration & Packet Pickup

\$15 if age 13 & under and running with an adult. \$20 if you sign up on or before Tuesday, July 5. After that it's \$30, day of the race. Register online for \$20 at Active.com through July 7 at 5 p.m. CDT. Pick up your packet or register at City Hall, 6th & Clark, 2 to 7:30 p.m., July 9. Age 12 & under ride free when paying with an adult (no T-shirt).

Fitness & Sports Fair

Friends (old & new), refreshments, Madness history display and discounted running stuff from 2 to 6:30 p.m. at City Hall, July 9.

Extras

Midnight Madness is the official road race and Volks Ride for the Iowa Games. Iowans are eligible for awards in the road race; top 3 in each age division will get an Iowa Games medal. 10K Top 100 Men & Top 50 Women You run fast and you get a special Midnight Madness mug, what a deal!

Age Division Awards

Over 100 one-of-a-kind awards in the 13 divisions for Male & Females in the 5k & 10k Age Divisions. Pick up your award at the party on the east side of City Hall. 5k at 10 p.m. and 10k at 11 p.m.

Team Competition

At least 3 on a team. 5k teams in Open, HS Boys and HS Girls. 10k open team money \$250 and \$100 for both men & women. 10k master team money \$75 for both men & women.

Special Awards at 11 p.m.

Top 10 men & women in the 10k and top 5 men & women in the 5k, presented at 11 p.m. on the stage. 10k prize money \$600, 350, 200, 150 & 100 for both men & women.

What a Course

The Madness course is the best in Central Iowa with spectators and runners everywhere. The start of the race will be on 5th Street adjacent to City Hall and finish just east of Clark & Main street.

Need More Information?

Contact Roman Lynch, Race Director, romanlynch@mchsi.com or 515-232-6131.

Inns and Suites

University Inn 800-422-5250
Quality Inn 515-232-9260

Results on the Web

Posted at the race and at www.FitnessSports.com July 10 or www.iowagames.org. Ames Tribune will print complete results.

Register online at Active.com

34th Midnight Madness | July 9, 2005 | The Race of the Summer

Name (last name/first name)

Mailing Address

City

State

Zip Code

Email Address

Birth Date

Shirt Size

Best Time for

Team Name (3 or more on a team)

M L X

race entering

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

Date: _____ Signature (parent or legal guardian if under 18): _____

Mail to: Midnight Madness, PO Box 266, Ames, IA 50010 or drop off at Wells Fargo, Main & Clark in Ames.

Age on Sex Which Event?

7-9-05 M/F 10k 5k Bike

Entry Fee
Can also registration online at Active.com)

- \$20 through July 5
- \$30 July 9 at packet pickup
- Embroider sweatshirt \$25/size ____

Do not mail after July 5
No refunds

PLEASE NOTE:

One person per entry? All boxes completed? Release signed? Correct amount paid?