

Attack the Gap 10k

August 21, 2010 Kings Gap State Park 8:00 am

race promotes
and benefits-



produced by-



Entry Fee:

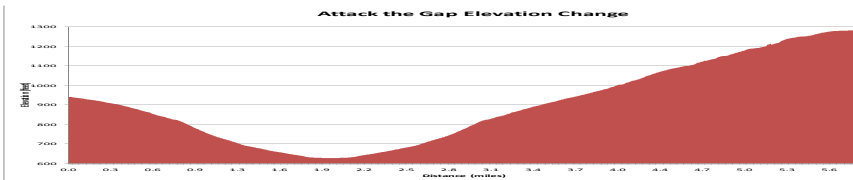
10k- \$20 by 8/15/2010, \$25 after or on race day.
2-mile run/walk- \$10 anytime.

Amenities:

- COOL TECHNICAL TEE'S TO ALL 10K PARTICIPANTS!
- Finishers prize for all 2-mile participants!
- Raffle prizes for all participants!

10k Race Awards- one-of-kind!

Overall Male and Female
Top 2 Age Group Male and Female
0-19 YEARS; 20-29; 30-39; 40-49; 50-59; 60+



Course Description: Gradual downhill for 2.4 miles followed by a 3.8 mile ascent up Kings Gap Road at an average gradient of 4%. Total climb is 670ft. Three water stops. Breathtaking views and course! Road will be closed to traffic. Fantastic road surface with plenty of shade. 2- mile course is .5 mile downhill followed by 1.5 mile uphill.

Logistics: Please be on time. Road will be closed from 8am -10am. Registration opens at 6:30 am. Runners are asked to be at start line by 7:50 am. Please allow 15 minutes to walk/run from registration to starting line. Restrooms are available at registration and slightly off the course at two parking areas (3 total). No animals/ wheels on the course due to safety and room. Headphones are discouraged.

Contact/Checks payable to
"Appalachian Running Company-
Attack the Gap"
290 East Pomfret Street, Carlisle
PA 17013
717-241-5674
shoes@appalachianrunningco.com

NAME: LAST _____ FIRST _____ T-Shirt Size- S M L XL
ADDRESS: _____ AGE: _____
PHONE: _____ EMAIL _____
RACE (circle one): 10K (\$20) or 2 Mile (\$10)

CHECKS PAYABLE TO "APPALACHIAN RUNNING COMPANY_ATTACK THE GAP"

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road and/or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release "Attack the Gap" and all sponsors, race directors/officials, volunteers, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the liability waiver and understand the inherent risks with this activity.

I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.

Signature: _____ Date _____