

Ascutney Mountain Run

Run 3.7 miles - Ascend 2300 ft - All Up Hill

9:00 AM Sun June 14, 2015

Mt. Ascutney State Park, Windsor VT

USATF-NE Mountain Circuit: Race #4

Event Details

- Pre-Registration - \$15 at RunReg.com or \$20 by mail with form below
- Race-day Registration - \$25 - Opens at 7:30 AM
- \$7 extra for race t-shirts (race day t-shirt supply is very limited so please pre-reg if you want a shirt)
- \$3 for optional summit parking at the finish line. Free parking is available at the race start at the base.
- Bag transport provided so you can have dry clothes during the post race festivities at the finish line. After race awards plan to run back down the mountain or make arrangements for a ride.
- More at: www.club.penguincycles.com/AscutneyRun.html or contact race@penguincycles.com

Course Description

The course is straight up the auto road, which is closed to traffic during the race. Entirely paved 3.7 miles with an average grade of 12%. One water stop on the course and water at the finish line. Yummy post race food and awards at the summit parking lot where the race finishes.

Categories & Prizes

- **Top 3 Overall** male & female runners; plus **First place Age group** male & female in 10 year categories.

Directions & Park Info

- From I-91 (Exit 8): Go .2 miles E on Rt 131 to stop light, turn left on Rt 5 for 1.2 miles, then bear left on Rt 44A for 1 mile. Free parking is available in the field across from the state park, on the right
- Limited parking at the summit parking lot (location of race finish & post race festivities). \$3.00 per vehicle to drive up the auto road. First come, first served. *Dogs must be on a leash & have a rabies tag.*

-----Cut Here and Mail to PO Box 483 Brownsville VT 05037 with entry fee payable to "Raina White" -----

Assumption of risk: I understand that running a 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 the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Ascutney State Park, USA track and Field, Raina White, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I also give permission to the above named parties to: (a) photograph me, use, re-use, publish and re-publish the same in whole or in part, individually or in conjunction with other photographs, or any medium and for any purpose whatsoever, including (but not by way of limitation) illustration, promotion, advertising and trade, and (b) use my name in conjunction therewith if the race sponsor and/or State of Vermont so chooses. I hereby release and discharge the race sponsor and/or State of Vermont from any and all claims and demands arising out of or in connection with the use of the photographs, including any and all claims for libel. This authorization and release shall also transfer to the benefit of the legal representatives, licensees and assigns of the State of Vermont. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT.

Signature _____ Name _____

Email _____ Age _____ Sex _____ Team _____

Address _____

Include \$20 entry fee + optional summit parking \$3 + optional T-shirt \$7 S M L XL