

Ascutney Mountain Challenge

Run 4 miles - Ascend 2600 ft

Half Road - Half Trail - All Up Hill

10:00 AM Sun July 12, 2009

Mt. Ascutney State Park, VT

Event Details

- Pre-race Registration - \$15 at **active.com** or by mail using form below (until July 6th).
- Race-day Registration - \$20 - Opens at 8:00 AM - \$5 extra for race t-shirts
- Bag transport provided so you can have dry clothes at the post race festivities at the top
- Please make arrangements for transportation down the mountain (most likely the same way you got up the mountain... with your own two feet!)
- More info: www.club.penguinicycles.com/AscutneyRun.html or race@penguinicycles.com



Course Description

The 2009 course has a new twist from previous years... it is a race to the true summit of Mt. Ascutney (instead of ending at the parking lot). This change adds trails to the route and is about a quarter mile longer with an additional 300' of climbing. Run the first half of the race up the paved auto road. Then the route takes a right off the road onto the "Futures" trails with the 2nd half of the race climbing steep rocky trails, both double track and single track. Post race food and awards at the summit parking lot (0.7 mi from finish)

Categories & Prizes

Overall: Top 3 male & female runners; plus **Age group:** First place male & female in 10 year categories. This is race 6 of 6 in the **Inov-8 USATF-NE Trail Running Series**. Also, the **Ascutney Uphill Challenge** has prizes for fastest combined times (male & female) for this race & the Ascutney Bike Climb on July 18.

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 post race festivities and 0.7 mi from the finish line). \$3.00 per vehicle to drive up the auto road. First come, first served. Dogs must be on a leash.

-----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 entry fee: \$15 plus optional \$5 for race t-shirt and/or \$3 for summit parking. **T-shirt Size:** S M L XL