

2nd Annual

Bob Potts Heritage Rail Trail Marathon & 5K

Sunday, May 16, 2010 York, PA

<http://www.bobpottsmarathon.com>

online entry opens on www.active.com on Nov 1, closes at midnight, May 12

Tech Shirts! Finisher Awards! Bands on Course! Junk Food Too!
An Official Boston Marathon Qualifier !

Join us at the Grumbacher Center at York College for a 26.2M trek on the **flat & fast** York Heritage Rail Trail. Or do our fast 5K instead. Both courses are great places to run a PR!

Bob Potts was one of the founding members of the York Road Runners. His accomplishments included over 30 marathons, various triathlons, and thousands of local and national races. Bob Potts passed away while competing in a triathlon in NJ. This race will benefit the Bob Potts Scholarship Fund, The York Heritage Rail Trail Foundation, and the Strong Kids at the YMCA.

Awards: Top Male & Female overall + top 3 M & F in each of the following:

Marathon - 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
Clydesdale Division – Men 180 lbs. & up Filly Division – Women 150 lbs. & up

5K – 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 75+

Registration, Start Times & Fees:

Marathon: NO RACE DAY REGISTRATION OR RACE DAY SUBSTITUTIONS FOR MARATHON!! Race starts at the Grumbacher Center on the York College campus. Marathon starts at 6:30 AM; walkers at 5:30 AM. Packet pickup will take place on May 15th at a location to be announced on the web site, once it is determined (highly recommended) and on May 16th at the race site from 5 AM till 6:15 AM. Fee: **\$50 if postmarked by April 1st. \$60 afterwards until day before race. IMPORTANT NOTE!!: Race has a 6 1/2 hr time limit. Runners on the course after that will not receive an official time and on-course support (water, medical personnel, etc.) is not guaranteed.**

5k: RACE DAY REGISTRATION ALLOWED FOR 5K!!! Race also starts at the Grumbacher Center on the York College campus. **5K starts at 7 AM; BEAT THE HEAT!!** Packet pickup will take place on May 15th at a location to be announced and pickup and/or registration on May 16th open at race site from 5 AM till 15 minutes before event. Fee: **\$20 if postmarked by April 1st. \$25 afterwards up to and including day of race.**

Important Note: Insurance provider requires that we prohibit roller blades, baby joggers and pets from either event. Headphones permitted in both.

Timing and finish line management by **PRETZEL CITY SPORTS**. Results to be posted instantly at event and online on www.pretzelcitysports.com within 24-36 hrs. Results to be sent to web site for event for posting there as well.

Mail completed application and check payable to: Bob Potts Marathon, c/o Robin Potts Myers, 1095 Roth Church Rd., Spring Grove, PA 17362

Race Director: Sean Potts, spotts@cysd.k12.pa.us H:717-650-7556 No calls after 9 PM!

PLEASE PRINT CLEARLY & SIGN WAIVER ON BACK

First Name: _____ **Last Name:** _____

Street Address _____

City _____ **State** _____ **Zip Code** _____

Race: Marathon 5K **Tech Shirt Size:** S M L XL

Your E-mail _____ **Phone** (____) _____

Sex: [] M [] F **Birth Date** ____/____/____ **Age on race day** _____

Clydesdale or Filly Entrant? ____ Yes ____ No **If so, current weight:** _____

Waiver: 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 high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, 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 the City of York; The York Road Runners, York County Parks, all sponsors, Race Directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any other record of this event for any legitimate purpose.

Signature _____ **Date** ____/____/20____

(Parent if under 18 years of age)