

# 10<sup>th</sup> ANNIVERSARY !!!



## Stoudt's Brewing Distance Classic 12K

**SATURDAY, October 25, 2014; 10:00 AM Adamstown, PA**

Less than 50 miles from downtown Harrisburg, Allentown, York, and Conshohocken

*NEW for this year - A really nice long sleeve tech shirt to commemorate our 10<sup>th</sup> anniversary will be guaranteed for entrants that register before Oct. 1 (along with a pint glass & bag). This is the first and ONLY year the race has given out shirts and it will not be repeated!!!*



Directed by the **Lancaster Road Runners Club**, and hosted by Stoudt's Microbrewery, Restaurant & Pub, and the Wonderful Good Market, the 7.45-mile racecourse provides a challenging, varied, and picturesque running experience. The venue provides indoor toilets with a nice separate space for the massage therapist to work on those sore muscles.

The Course runs counterclockwise, beginning and ending near the clock tower by the Wonderful Good Market. The first mile is a gentle downhill that takes you into and through the quiet borough of Adamstown, home to Good's Potato Chips and Bollman Hat Company. The following 2 miles slowly **climbs** North and West into the wooded countryside. At mile 3 a **long**, fairly gradual **uphill** begins, which flattens out between miles 4.5 & 5. Just after mile 5 the runners will experience a winding **down hill descent**. Please be careful, there is a sharp right turn at the bottom. The remainder of the course is fairly flat with a short, but very **inconvenient hill** just before mile 7. The last quarter mile is **downhill** so save something for the sprint to the finish. There will be two aid stations, one at mile 3 and one just before mile 5. East Cocalico Twp. Police, Adamstown Fire Police, and *Lancaster Road Runners Club* members provide traffic control and course guidance.

**Directions to Race Start/Finish Area: GPS - 2800 N. Reading Road, Adamstown, PA 19501**

**From the South** – Take PA Rt. 222 north to Denver/PA Turnpike Exit. Go left off exit to RT. 272N. Proceed North on Rt. 272 for 1.7 miles. **From the North**- Take PA Rt. 222 south to Adamstown/Knauers exit Rt. 272. Take Rt. 272S toward Adamstown for about 2 miles. **From East or West** – Take PA Turnpike to Exit #286. Go through tolls and go straight to Rt. 272N. (Do not get on Rt. 222). Proceed North on Rt. 272 for 1.7 miles.

One **Beer coupon** will be given to each registrant over 21 years old on race day when picking up the race number and pint glass. It will be good for 1 **FREE** 12-ounce draft Seasonal or Flagship beer (Heifer in Wheat, Gold Lager, Scarlet Lady, Pilsner, Oktoberfest) in the pub or dining room. Coupon is good only on race day and only one free beer per person please. Of course, you must be 21 years old to receive a coupon.

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**Awards –**

Finisher awards for everyone! In 2013 it was a fresh baked loaf of multi-grain bread from the Wonderful Good Market.

First Place - Overall Male & Female receive **\$100.00 CASH**. (And beer). **Plus an extra \$200 if course record!**

First Place Masters – Male and Female receive **\$50.00 Cash** (And beer)

**Awards are prorated according to the number of runners registered in each grouping.**

(M18-29-3; M30-39-8; M40-49-4; M50-59-4; 60+ -2;)(F18-29-5; F30-39-5; F40-49-4; F50-59-3; F60+ -2)

**Sorry, no dual award winners.**

Age group award winners receive a mix of 6 Stoudts beers, **plus** a cuddly fleece blanket.

Winners must be 21 years of age to receive beer awards.

Race Day Registration from 8:45 AM – 9:45 AM next to the Clock Tower at the rear of the big parking lot.

Registration Fee is \$32.00 **IF postmarked on or before 10/01/2014**. **\$40.00 after 10/01/2014 and on race day**.

**No Refunds. No awards or giveaways mailed. Race will go on rain or shine (probably rain).**

Register on line using a credit card at: <http://www.active.com/adamstown-pa/running/stoudts-brewing-distance-classic-12k-2014>

OR Mail entry and make check payable To LRRRC, PO Box, 7172, Lancaster, PA 17604.

**Exclusions:** For the safety of your child, baby-jogging strollers will not be permitted in the race. Positively No pets.

Headphones at your own risk. No whining – it is a pretty tough run, but a pretty course.

**Contact Information:** Peter Belanger: [pbbme26@gmail.com](mailto:pbbme26@gmail.com) 717-371-0746

Lancaster Road Runners Club <http://lrrclub.org>

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gender **M F (circle)** Age on race day \_\_\_\_\_ DOB \_\_\_\_\_

Phone \_\_\_\_\_ Emergency name and phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Shirt size: S M L XL 2XL**

**Waiver and release.** Please read prior to signing form. I hereby request permission to participate in the Stoudt's Brewing 12K Distance Classic. In consideration of the entry being accepted, I intending to be legally bound for myself, my heirs, executors, administrators, waive and release any and all rights I have against the organization holding this event, its agents, representatives, sponsors, successors, and assigns for any and all injuries suffered by me or damages out of, or related to the race. I verify that I am physically fit and have trained sufficiently for this race. I grant permission to use photos of me and release my name for any and all race or publicity purposes. All the forgoing has been read by the undersigned and has voluntarily been signed.

If under 18, parent/guardian must sign.

Signature \_\_\_\_\_ Date \_\_\_\_\_