



12th ANNIVERSARY!!!

Stoudts Brewing Distance Classic 12K

Saturday, October 22, 2016; 10:00 AM Adamstown, PA

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

Directed by the Lancaster Road Runners Club, and hosted by Stoudts 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.

*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. Local police and fire police and Lancaster Road Runners Club members provide traffic control and course guidance.*

DIRECTIONS:

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. 272 N. (Do not get on Rt. 222). Proceed North on Rt. 272 for 1.7 miles.

REGISTRATION:

Registration Fee:\$35.00 IF postmarked on or before 10/17/2016. \$40.00 after 10/17/2016 and on race day. Race Day: from 8:45 AM – 9:45 AM next to the Clock Tower at the rear of the big parking lot.

ON LINE: <https://runsignup.com/Race/PA/Adamstown/StoudtsBrewingDistanceClassic12K>

MAIL: Make check payable to: LRRRC, PO Box, 7172, Lancaster, PA 17604.

No Refunds. Race will go on rain or shine.

AWARDS:

Finisher awards for everyone! You will receive the traditional pint glass and 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 is broken! (Male record(2015):39:01:00), (Female record(2015):45:35:00)

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

Men: (21-29, 30-39, 40-49, 50-59, 60-69, 70-99) Female: (21-29, 30-39, 40-49, 50-59, 60-69, 70-99) No dual award winners.

Age group award winners receive a mix of 6 Stoudts beers. No awards or giveaways mailed.

One **Beer coupon** will be given to each registrant on race day when picking up your race number. It will be good for 1 **FREE** 12-ounce draft Seasonal or Flagship beer in the BEER GARDEN. Coupon is good only on race day and only one free beer per person please. Additional beer for purchase.

EXCLUSIONS:

Must be 21 or older.

For the safety of your child, baby-jogging strollers will not be permitted in the race. For the safety of other runners, positively no pets or headphones. (Open to traffic road course)

CONTACT INFORMATION: Mary Lehman, Race Director:

EMAIL: maryinPA78@yahoo.com PHONE: (717) 475-9653

Lancaster Road Runners Club Website: www.LRRCLUB.org

Name: _____

Address: _____

DOB: _____ Age on race day: _____ Gender: _____ (M/F)

Phone: _____ E-mail: _____ (please write legibly)

Emergency name and phone: _____

Waiver and release. Please read prior to signing form. I hereby request permission to participate in the Stoudts 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. No runners under 21 years of age.

Signature: _____ Date: _____