

Stoudt's Brewing (8th ANNUAL)

Distance Classic (12K)

(Aka. The Drought Buster)

SATURDAY, October 27, 2012; 10:00 AM Adamstown, PA

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

First 250 entrants will receive a commemorative pint glass



Directed by the **Lancaster Road Runners Club**, and hosted by Stoudt's Microbrewery, Restaurant & Pub, the 7.45-mile racecourse provides a challenging (code word for "hills"), varied (code word for "up & down"), and picturesque (it really is) running experience.

Indoor Toilets Free Beer Coupon

Free Massages *by Theresa Davella & Bob Spotts*

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 the quiet borough of Adamstown. The following 2 miles slowly **climb** North and West into the wooded countryside. At mile 3 a **long**, fairly gradual, **uphill** begins that flattens out between miles 4.5 & 5. Just after mile 5 there is a winding **down hill plunge**. 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.

Course Map: <http://www.usatf.org/routes/view.asp?rID=94772>

Directions to Race Start/Finish Area: 2800 N. Reading Road

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. Do not get on Rt. 222. Go through tolls and go straight to Rt. 272N. Proceed North on Rt. 272 for 1.7 miles.

One **free beer coupon** will be given to each registrant 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.

Awards –

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

First Place - Overall Male and Female receive **\$100.00 CASH.** (And beer)

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

Awards will go deeper (4-6) in popular age groups and will be prorated based upon the number of runners registered in each grouping. (18-29; 30-39; 40-49; 50-59; 60-over; M & F).

Sorry, no dual award winners.

Age group winners receive a mix of 6 Stoudts beers, **plus** another unique award.

Winners must be 21 years of age to receive beer awards. Alternate awards will be available for runners under 21.

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 \$28.00 **IF postmarked on or before 10/08/2011.** \$35.00 after 10/08/2011 and on race day.

No Refunds. Race will go on rain or shine (probably rain).

Register on line using a credit card at: www.Active.com 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: peterbbelanger@comcast.net 717-371-0746
Lancaster Road Runners Club <http://lrrclub.org>

Name _____

Address _____

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

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

Phone _____ **Emergency name and phone** _____

E-mail _____

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** _____