



A race for those with a young "attitude" and not necessarily a young "body"; the 1st Annual

Eagle Hadventurish

5k, 5M & 9M Trail "Adventure" Races

Sat, Aug 29, 2009 9 AM near Brickerville, PA

So you've run some trail races, feel that you're somewhat of an athlete, enjoy the camaraderie and being out in the woods. But you keep asking yourself if there is ever any way that you, a guy or gal with a real life, real job & good but not great running skills, could ever compete with the 'gazelles' who always seem to finish anywhere from a couple of minutes to over an hour before you. And if you are a gazelle, you wonder if there is a race that would test not only your speed & endurance, but also your racing skills & trail smarts to show that you're a 'real' athlete and not just the running geek that people think you are. You also like a race that still believes in giving something back to you in terms of food, fun & good times. Fear not, ladies and gents, for with the help of Dave Thomas and the IHAA, the Eagle Hadventurish Races have arrived. The races will take place at beautiful Camp Mack Boy Scout camp, a scenic location with ample trails, lots of parking, shelter if it rains to accommodate all spectators and athletes, and ample picnic areas for your friends or family to enjoy both during & after the races.

So what makes this adventure race different? The challenges and the course layout make these races enjoyable for the weekend warrior who wants to compete with or against his/her friends. Although the courses will be measured according to their shortest distances to complete all of the obstacles, your intelligence, or general lack thereof, will help you decide how you actually want to complete the course. You will be given a map before the start of the race detailing your specific course and listing all of the trails and the location of the challenges. You will then be responsible for planning your own route to completion and the order in which you choose to complete the challenges. If you think you know the shortest route, go for it. But beware, the shortest route could have the longest lines at some of the challenge stations and actually take you longer to complete. Are you not only fast enough, but also smart enough to outwit your friends and map your way to victory? Is the speedster friend who you have always wanted to beat a candidate for dullest tool in the shed? Do you enjoy races where the race director is somewhat warped and delusional? Then this race is for you. Below are some of the challenges you will 'enjoy'

1. Water Forge...not just your ordinary trail race water crossing...5 mile and 9 mile races only.
2. Water carry...it's only a cup, but it's straight uphill...can you say Alpe du Huez?...5 and 9 mile races only.
3. Army training station...it's actually the boy scout obstacle course, but we can call it whatever we want.
4. Web crossing...this is one spider's web that you might not escape from.
5. Soda stop...this is a famous carryover from our high school race.
6. Magician's station...no hints here
- 7 - 10. ????

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Make check payable to 'Cocalico Track Booster Club' and return with your application to: Ray Bradley, P.O. Box 833, Ephrata, PA 17522. rbradley@dejazzd.com, 717-733-7683. Can also sign up online at active.com; slight service fee applies.

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Phone _____

Team Name: _____ Sex: M ___ F ___ Age on race day: _____
(if entering a 3 person team)

Date of Birth: ____/____/____ T-Shirt Size: S M L XL
(circle one- T-shirts and subs are only guaranteed to pre-registrants.)

Email: _____

Race Entered - 5K (\$21.00) _____ 5 Mile (\$26.00) _____ 9 Mile (\$26.00) _____ Boy Scout: Yes _____ No _____

Number of additional Subs @ \$3.50 each _____ (Note: each competitor will receive 1 free sub.)
Write legibly Sign Waiver on Back App May be Duplicated

You may compete as either an individual or as part of a 3 person team. If running as part of a team, place write in the name of your team in the space provided. All team members must run and finish as a group and each person must complete each task.

Time Limit: The various courses will be marked to keep you on the correct trails. The course will close after 2 hours, 30 minutes have elapsed and volunteers will sweep the trails for any remaining competitors' bodies. For the 9M course, this gives you 1 hour, 45 minutes to run the course, 15 minutes to wander around aimlessly, and 30 minutes to complete the challenges. If you do not feel that you can complete the longer course within the time limit, please enter one of the shorter races. We don't want our professional timer to get bored & wander off into the woods or drive off while you are still out on the course

5K Race: This race is for the average Jill/Joe who wants to compete in a fun, friendly atmosphere and complete a race that doesn't require years of hard core training. A great race for walkers & the first timer.

5 Mile Race: For the 'all around' athlete who wants a good challenge, but figures that his/her overall athletic & cognitive skills make the odds better here than in a longer race where the razor thin runner's skills might still prevail.

9 Mile Race: For the runner who just can't get enough of the trails and wants a real challenge, this race is for you....Enjoy.

Location: Camp Edward Mack Boy Scout Camp. On route 501, two miles north of route 322 and Brickerville, PA.

Race Fees: 5k race fee is \$21 per individual. 5 mile and 9 mile race fees are \$26 per individual. Team members use individual applications, mark the team box and provide the team name in the space provided. Special Boy Scout entry fee of \$16 for the 5k race. No discounts for the 5 mile or 9 mile races. [Pre-registration closes on Saturday, August 22nd](#). Post registration fees will be increased by \$10 for each race and there is no guarantee of T-shirts or subs.

Amenities: Specially designed race T-shirt, awards, subs after the race, drinks, professional timing by Pretzel City Sports, instant results, results online at www.pretzelcitysports.com in 24-48 and lots, lots more!

Awards: Awards will be given to the top 5 males/females and to the top team members in each race. Also, since this race is for bragging rights, the names of the winners will be posted inside Cocalico High School until the following year's race is completed. Names of record holders will be posted until a new record is established. All results will be at the discretion of the timer and race director. In other words, don't come cryin' to me if you or your team gets DQ'd for not completing all of the challenges. Volunteers will be on hand to administer the challenges, provide plenty of aid stations and monitor the race course.

Spectator Alert: The race location and design of the course make this race extremely spectator friendly. This is not an out and back or loop course where your friends and/or family only get to see you at the start and finish of the race. Many of the challenges will be located within 1/4 mile of the start/finish area. So if little Susie has always wanted to see Mommy or Daddy do a water forge, carry a cup of water uphill, or test themselves on an obstacle course, this race is sure to entertain.

Proceeds from this event benefits the Cocalico Cross Country & Track programs and Boy Scouts of America. Any additional amount that you add to your race fee is appreciated!

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather, getting lost, wildlife & insect attacks and all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, all municipalities in which the event is held, the race director, Boy Scouts of America, Cocalico School District, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all those associated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER :

Signature _____ Date: _____
(Signature of Parent or Guardian if under age 18)