

UBERENDURANCE SPORTS PROUDLY PRESENTS THE 3RD ANNUAL

Mount Cuckoo 15K & 30K

1/2 Trail 1/2 Road Race, Stoudsburg Village, PA

SATURDAY, August 24th 2013 8:00 A.M

“Run one of the most unique courses in the area and help support the HST conservancy”

Ever since I started running I noticed quite some differences between road and trail runners. Roadrunners seem to be skinnier, always wear a GPS watch, and usually run only road races that are downhill with tailwind to ensure another 1.3 sec PR. They eat a lot of carrot sticks to keep their weight down and have a close relationship to their shrink and yoga instructor. Trail runners seem to be extremely laid back. They only run hard, if they expect a shortage of beer at the end of a run. After a run they look like a toddler who played in the sandbox on a rainy day. They usually have a close relationship to the local brew master or at the very least one of their friends is a home brewer.

These 2 types of runners always look at each other rather suspiciously, they rarely mix, but both think their way of running is “the” way. I’m not sure if our race will settle the score, but will give both groups the opportunity to compete against each other. Mount Cuckoo 15k will probably be the hardest 15K a road runner ever ran. While one half of the course features flat or downhill road sections, the trail section will feature rocks and roots, gravel, open fields and sends you up Mount cuckoo twice. Mid race you will encounter one of the f&^%g longest and steepest driveways in Berks country up to the “Alpine lodge” where Heidi will also serve alternative beverages and keep score which team actually drank more (as if there is a question about that). Team challenge “Road runners versus Trail runners” will be scored x-country style and bonus points for the alpine lodge rehydration challenge will be added, but of course you still compete as an individual for awards. So run your 5K PR some other day, embrace the challenge of this unusual race and celebrate with a post race beer at Stoudsburg village (has BYOB license) without having to hide it from the local Park ranger.

REGISTRATION/ENTRY Stoudsburg Village. Stoudsburg Road, Denver, PA 17517 Reg. opens at 6:45 a.m.,

Race starts: 8:00 AM . Fee for 15k & 30K is \$35 by July 30th , \$40 after and Race day (\$35 once shirts are gone).

Mail in your app by 8/11 or register online at www.uberendurancesports.com

YOU GET: Tech. shirt with no advertising, finisher award, post race carbs, terrific course with little traffic , 3 super motivated aid stations, free parking right at start/finish area , unique awards.

AWARDS: Winner male and female win an authentic German cuckoo clock sponsored by www.german-cuckoos.com , 2nd place and Masters winner receives a Kuckulino desk clock. Plus the following age groups receive a cool German weather house: Top 3 M & F : 29 & under, 30-39, 40-49, 50-59, Winner 60+

DIRECTIONS : To get directions use www.googlemaps.com and enter: 1-103 Stoudsburg Rd, Denver, PA 17517

Check Payable to & mailed (with waiver) to or register online at www.uberendurancesports.com

Uberendurancesports, c/o Mount Cuckoo, 2137 Old Lancaster Pike, Reinholds PA 17569.

Race director: Stephan Weiss, stephanweiss@comcast.net, 717-484-1127 www.uberendurancesports.com

Insurance Provided by Road Runner Clubs of America (R.R.C.A.)

First name _____ Last name _____ Team !!!(circle) : Road Trail

Address _____ City _____

State _____ Zip _____ Race day age:(14 or older) _____ Date of birth ____/____/____ Shirt Size: S M L XL

Sex: M F Phone: (____) _____ A.M. or P.M. (circle one or both)

Email: _____@_____ Distance : (circle) 15K 30K sign waiver

WAIVER: I know that running a 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 Uberendurancesports LLC, all municipalities in which the event is held, the race director, 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 Uberenduranceports LLC 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 : If under the age of 18, parents signature is also required.

Signature _____ date ____/____/2013