



Spooky Nook Sports Acre Breaker Adventure Race

Saturday, October 29, 2016
1st wave 8:00am
Final wave 3:00 pm
Ages 14+

WHO: Outdoor, obstacle and running enthusiasts of all fitness levels, gather your family, friends and co-workers for this exciting event.

WHAT: Spooky Nook Sports is hosting its 1st Acre Breaker Race. This is an obstacle event with a 4K and 8 K distance. It will include 12 obstacles throughout the 30 Acre Course. The short distance participants will complete one lap and all obstacles while the long participants will complete 2 laps and all obstacles twice.

WHERE: Spooky Nook Sports, 75 Champ Blvd., Manheim PA 17545. The race will be held on the Spooky Nook property parallel to Rt. 283. All participants will use the above address to park and them be shuttled to and from the race site.

WHEN: Saturday, October 29, 2016
 7:00 a.m. – Registration begins
 8:00 a.m. & 8:45 a.m - 4K Individual waves begin
 9:30 a.m. & 11:00 a.m. – 8K Individual waves begin
 12:00 p.m. & 12:45p.m. - 4K Teams
 1:30 p.m. & 3:00 p.m. - 8K Teams
 Award presentations at finish line 5 minutes after each wave finish

ONLINE ONLY REGISTRATION

4K Registration

<https://www.pretzelcitysports.com/onlineform1.php?id=982>

8K Registration

<https://www.pretzelcitysports.com/onlineform1.php?id=987>

(Nominal service fee applies, closes at midnight on the Wednesday before race day) No mail-in registrations. Day of race registration available.

Dates:	Aug-Sept 30	Oct 1-16	Oct 17-26	Race Day (at the registration table)
Individual (4K):	\$55	\$65	\$75	\$85
Individual (8K):	\$65	\$75	\$85	\$95
Team (4K):	\$200	\$220	\$240	\$260
Team (8K):	\$250	\$270	\$290	\$310

RESULTS: The course will be incrementally marked and the turns will be clearly identifiable with staff and signage. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com.

AWARDS: Presented to Overall Male and Female Champion of the Individual Short and Long distance races. The Top 3 Males and Females in each wave will be awarded. The top 2 teams in each wave will be awarded.

DIRECTIONS:

- GPS Address for Directions:
 - 75 Champ Blvd., Manheim, PA 17545
- Registration will be located in parking lot #6
- <http://www.spookynooksports.com/>

All participants will park on the Spooky Nook Sports Property and be shuttled to and from the race site.

Name _____ Phone _____
Please print
 Address _____ City _____ State _____ Zip _____
 E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size: m & f cuts
Youth S M L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Spooky Nook Sports, East Hempfield Township and Lancaster County Parks and Recreation and those in their employ, the County of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road and trail; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)