



10 FORTY

A FORTY MILE
ENDURANCE
EVENT.

**TEN HOURS.
FORTY MILES.
ONE MISSION.**

DECEMBER 5TH
EPHRATA, PA

Four miles. Every hour. For ten hours. Run all forty by yourself or take it on with a partner. If you don't finish your miles before the next heat, your race is over.

RUN FORTY MILES. HELP FUND A BIBLE
TRANSLATION.





10FORTY

4 MILES X 10 HEATS | SOLO OR RELAY

A YWAM LANCASTER
EVENT

HOW IT WORKS

A new kind of race. At 10Forty you'll start running on trail conditions at 7AM. You've got 1 hour to complete your 4-mile loop. Miss the clock? You're out of the race. Arrive early? Rest and refuel. You'll repeat this 4-mile loop every hour. The first 9 laps are about survival. The 10th and final lap determines the winners.

The 10/40 window represents 10° N to 40° N latitude. It includes many locations with no access to the Bible. 10Forty raises money for Bible translations in this region.

Solo Runners: Run a 4-mile loop every hour for 10 hours. If you don't finish before the next heat, you're out.

Relay Runners: You run 2 miles then your partner runs 2 miles. You've got 1 hour.

DATE & LOCATION

December 5th, 2026

YWAM Lancaster
1932 West Main Street, Ephrata, PA

Race day registration opens at 6 AM. Race starts at 7 AM.

ENTRY FEES

EARLY ENTRY ENDS 11/02/26: \$90 for solo runner. \$60 per relay team member. Shirt is guaranteed.

LATE ENTRY: \$110/\$70 for solo and relay.

DAY OF REGISTRATION: \$110/\$70. If there's no shirts left, you'll receive a \$15 discount.

RACE & AMMENITIES

The course is a well-maintained, non-technical trail that's fairly flat.

Registration will be held indoors. There will be a limited number of spots for indoor aid areas available first come first serve. Expect heated bathrooms. Dress for the weather conditions.

There will be an outside aid area with fruit, broth, and instant ramen. Hot drinks and water are provided at the end of each lap. Space is provided for your own supplies. Food trucks will be on site with additional food and drink for purchase.

The shirts will be short sleeve. Register early to guarantee a shirt.

We race in all weather. No refunds, smoking, alcohol, or dogs.

The final lap will be cold and dark. Bring a headlamp.

AWARDS

Every runner who completes 40 miles over 10 laps receives a finisher's award.

SOLO AWARDS: 1st and 2nd Male and Female overall. Top 3 M&F in: 16-29, 30-39, 40-49, 50-59, 60+

RELAY AWARDS: 1st overall in all mens, all womens, and mixed.

You must complete the first 9 laps before the cut off to be eligible to run the 10th lap. Awards are based only on the 10th lap.

ONLINE REGISTRATION ONLY

Online registration helps us reach you with important race communications.



SCAN TO
REGISTER

or visit www.pretzelcitysports.com/online-registration

Questions? Reach out to us for more info about the race or Bible translation efforts.

Email: 10Forty@ywamlancaster.com

Phone: 555.555.5555

YWAMLancaster.com/10Forty