

ASCUTNEY MOUNTAIN RUN

The Mt. Ascutney auto road climbs 2,300' over 3.8 miles for an average grade of 12%. The first half is hardest with sections at 19% grade. Challenge yourself in this short but grueling running race and be rewarded with the view from the top.

3.8 MILE HILL CLIMB
SATURDAY JULY 12, 2008
MT. ASCUTNEY STATE PARK
WINDSOR VT
START: 9:30 AM

REGISTRATION

- \$10 Online Registration at www.active.com
- Or mail entry form below with \$10 check payable to "Raina White" to PO Box 483 Brownsville VT 05037 before July 7th
- Race day \$15 entry fee. 8:00AM Registration
- Sorry no refunds

DIRECTIONS & PARKING

- From I-91 (Exit 8): Go .2 mi E on Rt 131 to stop light, turn left on Rt 5 for 1.2 mi, then bear left on Rt 44A for 1 mi.
- Free parking is available in the field across from the state park (near the start, bottom of the hill).
- Limited parking at the finish line (top of the hill). \$3.00 per vehicle to drive up the auto road. First come, first served.

EVENT DETAILS

- One water stop is on the course and one at the finish. Yummy food after the race.
- The course is paved and will be closed to traffic during the race
- Bag transport provided so you can have warm/dry clothes at the finish line
- Please make arrangements for transportation down the mountain (most likely the same way you got up the mountain... with your own two feet!).
- The uses of Headphones and/or baby strollers are strictly forbidden.
- Only dogs with a rabies certificate are allowed in the park

RACE TO BENEFIT
Mt. Ascutnev State Park



FOR MORE INFO EMAIL
RACE@PENGUINCYCLES.COM

LA SPORTIVA USATF-NE MOUNTAIN RUNNING CIRCUIT

Complete all 6 races to become a 2008 Mountain Goat and bypass the lottery for the 2009 Mt. Washington Road Race. www.usatfne.org/trail



- May 24 Wachusett Mountain (4.3 mi, Princeton MA)
- June 1 Pack Monadnock (10mi, Wilton to Temple NH)
- June 7 Northfield Mountain (10.3k, Northfield MA,)
- June 29 Mount Cranmore Hill Climb (10k, North Conway NH,)
- July 6 Loon Mountain (13.2km, NH)
- July 12 Ascutney Mountain Run (3.8mi, VT)



-----Cut Here and Mail with \$10 entry fee to: Raina White PO Box 483 Brownsville VT 05037-----

Assumption of risk: I understand that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of acceptance of my entry: I hereby, myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against Ascutney State Park, USA track and Field, Raina White, race sponsors, their agents, representatives, successors, and assign for any and all injuries suffered by me on the way to take part in the race, during the race, and leaving the scene of the race. I also give permission to the above named parties to: (a) photograph me, use, re-use, publish and re-publish the same in whole or in part, individually or in conjunction with other photographs, or any medium and for any purpose whatsoever, including (but not by way of limitation) illustration, promotion, advertising and trade, and (b) use my name in conjunction therewith if the race sponsor and/or State of Vermont so chooses. I hereby release and discharge the race sponsor and/or State of Vermont from any and all claims and demands arising out of or in connection with the use of the photographs, including any and all claims for libel. This authorization and release shall also transfer to the benefit of the legal representatives, licensees and assigns of the State of Vermont. I ASSUME ALL RISKS ASSOCIATED WITH THIS EVENT.

Signature _____ Name (print) _____

Email _____ Age _____ Sex _____ Team (optional) _____

Address _____ Optional: Include an additional \$3 for parking at the finish.