

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 race and be rewarded with the view from the top.

3.8 MILE HILL CLIMB
SATURDAY JULY 14, 2007
START: 9:30 AM
REGISTRATION: 8:30 AM

EVENT INFORMATION:

- Located at **Mt. Ascutney State Park** in **Windsor, VT** – 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
- Fee for *Spectators* to enter the park is \$2.50 per person (No additional fee for racers)
- The course is paved and will be closed to traffic during the race
- Please be prepared to make your way back down the mountain under your own power. There will be limited transportation available for those who cannot.
- One water stop is on the course and one at the finish. Refreshments after the race.
- The uses of Headphones and/or baby strollers are strictly forbidden
- Only dogs with a rabies certificate are allowed in the park
- Email raina@penguincycles.com for more information

HOSTED BY

Mt. Ascutney State Park



USATF-NE MOUNTAIN RUNNING CIRCUIT:

This race part of the USATF NE Mountain running circuit. Complete all 6 races to become a 2007 Mountain Goat and bypass the lottery for the 2008 Mt. Washington Road Race. Website: www.usatfne.org/trail Email: pkirsch@roadrunner.com

- May 26 Wachusett Mountain (4.3 mi, Princeton MA)
- June 3 Pack Monadnock (10mi, Wilton to Temple NH)
- June 9 Northfield Mountain (10.3k, Northfield MA, USATF NE trail championships)
- June 24 Mount Cranmore Hill Climb (13k men, 8k women, North Conway NH, USATF NE mountain championships)
- July 8 Loon Mountain (13.2km)

SANCTIONED BY



REGISTRATION:

- \$10 early registration; \$15 race day registration; (sorry no refunds)
- Online registration at www.coolrunning.com
- Register by mail before July 10th. Complete entry form below and mail with check payable to "Raina White" to PO Box 483 Brownsville VT 05037
- Race day registration opens at 8:30

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-----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. Hereby absolve the race sponsor, volunteers, the State of Vermont, its officials and/or employees from any responsibility or liability resulting from a foot race on July 14, 2007 at Mt. Ascutney State Park, Windsor, Vermont. The undersigned, as an individual, does hereby release all above named parties, from any and all liability from any injury or death or said liability which may result from said event. 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, and 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: _____ Email: _____ Team (if any) _____
Name _____ Age _____ Sex _____
Address _____ City/Town _____ State _____ Zip _____