

# Volkswagen Iron Cross 10K Run

On the scenic trails and roads of Pine Grove Furnace State Park

Cash prizes to race winners!

Presented by High Speed Cycling and Yellow Breeches Racing

Sunday, October 17, 2004

Camp Thompson/Michaux State Forest, PA

**The race:** Beginning at the Carlisle Family YMCA's Camp Thompson, the 10km course (give or take a few hundred meters) will traverse the grounds of Camp Thompson, the biker-hiker trail between Laurel and Fuller lakes, and the campgrounds near the Furnace Stack pavilion. A cyclocross bicycle race will be held in conjunction with the running race.

**The schedule:** Registration opens at 7:30 a.m. on race day, mandatory racers' meeting at 9:45 a.m., and the fun begins at 10:00 a.m.

**Categories/prizes:** Men 10-19, 20-29, 30-44, and 45+; Women 10-19, 20-35, and 35+. Cash prizes of \$75/\$50/\$25 to the top 3 men and women, medals to the top 3 finishers in each age group, and a bit o' merchandise as well...

**Entry fee/registration:** \$15 pre-registered by October 14; \$20 day of race. All racers will receive a sweeeeeet race t-shirt. Register on-line at [www.runreg.com](http://www.runreg.com) or mail entry form (with check payable to: "Carlisle Family YMCA – YBR") to Mark Laser, 21 Woodcrest Drive, Carlisle, PA 17013.

**Lodging:** Bunkhouse lodging is available near the start line at Camp Thompson the evening before the race. Hotels in nearby Carlisle, PA are recommended for those looking for non-bunkhouse lodging.

**Amenities:** Food, restrooms and nice, hot showers will be available at Camp Thompson.

**Sponsored by:** Your South Central Pennsylvania Volkswagen dealers, Accelerade, Carlisle Family YMCA, Galbraith Pre-Design, Inside Track Running Store, Memphis Blues Restaurant, Psycholube, Sock Guy, and Dr. Casey J. Williams DMD.

**For additional info:** See [www.highspeedcycling.com](http://www.highspeedcycling.com) or contact Mark Laser at 717-245-2423 or [woodcrest21@aol.com](mailto:woodcrest21@aol.com).

**Note:** The course will be well-marked and marshaled, but portions will be open to traffic. Please be alert!

**See you on race day!**

**Volkswagen Iron Cross 10K Run Entry Form  
Due by 5:00pm Wednesday October 14, 2004**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Race category (check one):**  **Men 10-19**  **Men 20-29**  
 **Men 30-44**  **Men 45+**  **Women 10-19**  **Women 20-35**  
 **Women 35+**

**Race Team:** \_\_\_\_\_

1. I ACKNOWLEDGE, agree, and represent that I understand the nature of Endurance Racing Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling, racing, and training are to be expected. I further agree and warrant that if at any time I believe the conditions unsafe, I will immediately discontinue further participation in the Activity.
2. Fully understand that: (a) BICYCLING INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, High Speed Cycling, and the Carlisle Family YMCA, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lesser of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OR RISK, AND INDEMNITY AGREEMENT, I or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I HAVE READ AND SIGNED THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature \_\_\_\_\_

Date: \_\_\_\_\_

(Parent signature, if under 18 years of age)