

The Cowans Gap 5K Run/Walk



April 7, 2019, 2:00 pm
Cowans Gap State Park

AGAIN THIS YEAR: 13 and under RUN FOR FREE!

Join the Friends of Cowans Gap for the fifth annual Cowans Gap 5K Run/Walk. The Friends of Cowans Gap is a non-profit organization made up of dedicated volunteers and community members with a goal to enhance the Park. All proceeds from this event will go directly back to the park for educational programming, facility upgrades and for the preservation of its natural resources.

Location: 6235 Aughwick Road Fort Loudon, PA 17224-9801

GPS DD: Lat. 39.99478 Long. -77.9249

Course: Mostly a (park) road run, the course will start in parking lot #3 and take runners/walkers through both Campgrounds and Cabin Colony. The roads are mostly flat with some moderate inclines. The run/walk will finish near the food concession building at the beach.

Awards: Awards to first male and female overall and first male and female masters (not eligible for age group awards). Age group awards will be given 3 deep in the following categories: 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Overall and masters awards for walkers, although no separate age group awards for walkers. All finishers will receive a unique handcrafted key fob.

Registration and Entry Fees: Pre-registration on-line at Cowansgap.org or by paper using the form below. Pre-registration deadline is April 1st. Race day registration begins at 12:00 near the food concession stand. Registration fees are as follows:

Children 13 and under run for free, but must register. Shirt will cost \$10 and be ordered before March 25.

\$30.00 pre-registration fee with T-Shirt: comfortable wicking fiber shirt for registration before March 25, women's and youth sizes available. NOTE that "shirts run small."

\$20.00 pre-registration without T-Shirt before April 1, online or by paper

\$25.00 race-day registration, no shirt (a few shirts may be available for \$10 more)

You can pre-register online at <http://cowansgap.org/>. Click on the 5K Run/Walk link.

Make checks payable to: Pennsylvania Parks and Forests Foundation (PPFF). Please write in the memo line "Friends of Cowans Gap"

Mail to: Friends of Cowans Gap

5K Run/Walk

P.O. Box 741

Chambersburg, PA 17201

For more information, please contact the park office at 717-485-3948

-----**Detach and Mail**-----

Name _____ Age as of 4/07/19 _____ Sex _____

Address and email _____

_____ 13 and under run only, no fee (shirt \$10)

_____ No Shirt, please _____ T-Shirt Women's: S M L XL T-Shirt Youth: S M L

_____ T-Shirt Size Adult: S M L XL _____ Walker _____ Amount enclosed

I hereby waive all claims against the Pennsylvania Parks and Forests Foundation, the Friends of Cowans Gap and Cowans Gap State Park, the Chambersburg Road Runners Club, any landowners along the race route, and all ride officials, volunteers and sponsors, and the state, borough and township officials and 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/humidity or cold; and the condition of the road; 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 and date (parent or guardian if under 18)