

Mid-Atlantic Summer Marathon

and other Timed Rides & Runs

Start: Colebrook Parking Lot &
Municipal Park
(Parking Lot is just South of the
Colebrook Twin Kiss which is located
1550 Mount Wilson Rd, Lebanon, PA
17042)

Course: Lebanon Valley Rail Trails

Date: Saturday June 28, 2008

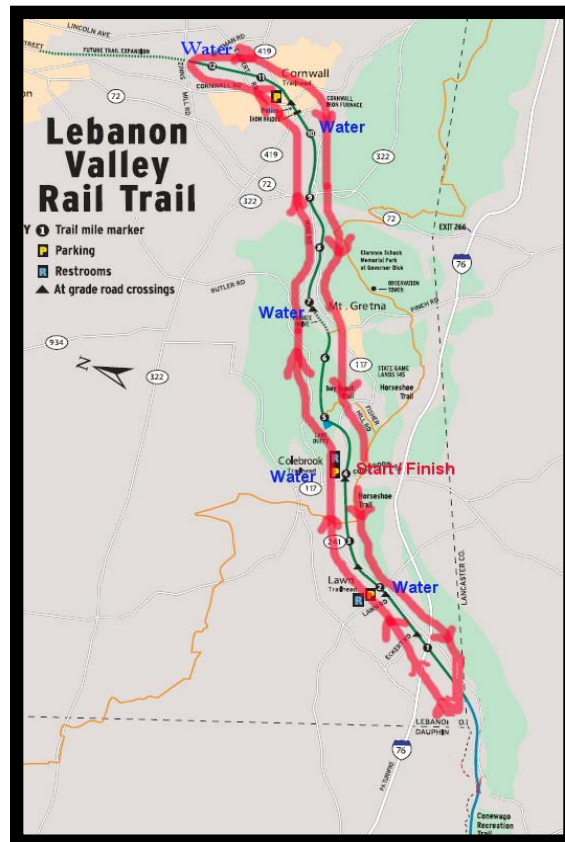
Time: 6 am start (5- 5:45 am Registration)

Fees: \$30 before June 21
\$50 day of registration



Tentative Course: Starting at the
Colebrook Municipal Park (Mile Marker 4
on the Lebanon Valley Rail Trail) and
heading southwest until the
Lebanon/Lancaster County Line (Mile 0).
Turning around and heading (past the start
at 8 miles into the marathon) 0.1 miles past
Mile Marker 13 (as ready) of Lebanon
Valley Rail Trail. Turning around and
returning to Start at Mile Marker 4 on the
Lebanon Valley Rail Trail.

Water, Energy Drink, & Gel: Provided
at Mile 0(S), Mile 2(A), Mile 6(A), Mile 8
(S), Mile 11(B), Mile 14(C), Mile 17(D),
Mile 20.2 (C), Mile 23.2(B) and Finish



Entry Form

Name _____

Address _____

Town _____

State _____ Zip _____

Age as of June 28, 2008 _____

Make check payable to **Applied Race Management**

Mail to:
Chuck Wells
Applied Race Management
255 Hereford Road
Elizabethtown PA 17022

By signing this application form, I waive all claims for myself, my heir and assigns against the sponsor, coordinating groups and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in these races. I give my permission to the media to use my name and /or photo in any newspaper, broadcast, telecast, or any other account of this event, without limited obligation of anyone to compensate me thereof.

Signature _____

Signature Parent guardian if under 18 yrs _____

FAQ (Fully Anticipated Questions)

Is this course a Boston Qualifier?

NO! This is the first ever event planned mainly as a chance to have a nearby marathon in the middle of the summer to prepare for fall marathons.

Oh! Does that mean it is poorly organized?

YES! We don't expect many people the first year, but we will do our best to make the event enjoyable to all that attend.

Uh oh! Does this mean the mileage will be wrong?

No. We are runners and would hate to have the mileage inaccurate. We will do our best to make the course exactly 26.2 with accurate mile markers.

I am not sure I can make it! Only eight water stops?

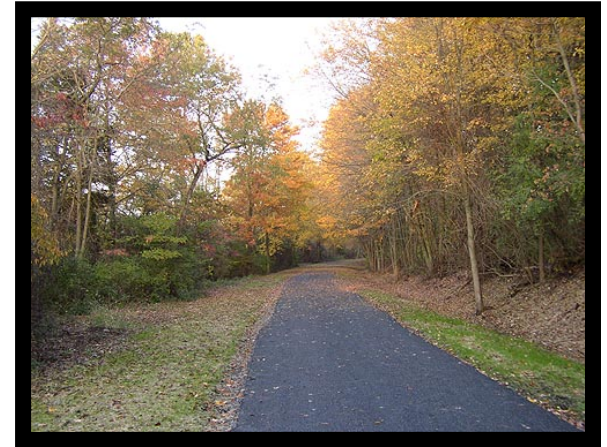
If you have any doubt that you will be able to finish the marathon, please bring a friend to ride a bicycle beside you the whole way, providing water, gel, and carrying an emergency cell phone. (Note: Cell phone service is not available at all points on the trail.) We encourage this and it's a great bike ride

Can I run a shorter race? 8 miles? 13.1 miles?

Yes, but the marathon is the only recorded race. There is a clock at the starting line, so you are welcome to run any distance and time yourself. Just please yield the trail to the marathoners if necessary. Suggested donation if partaking in water and food: \$10 + \$1 per mile. (For you bargain hunters – you save \$6.20 for the marathon)

Who do I contact for more information?

Contact Race Director Chuck Wells at racedirector@appliedracemgmt.com



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