

The Arc of York County's 11th Annual York Rail Trail 10 Miler

Part of the York Hospital Summer Running Series

Saturday August 22, 2009 8:00 AM

www.yhrunningseries.com

www.thearcofyorkcounty.org

Benefiting the programs and services of The Arc of York County

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The race starts at the Seven Valleys Fire Hall and runs 10 gentle, downhill miles one-way north along the scenic York County Heritage Rail Trail, passing through the oldest operational train tunnel in the nation, finishing on the Rail Trail near Princess Street in downtown York, PA.



A Tradition of Service, Founded on Trust.



Parking & Transportation- Parking is available in Seven Valleys, but runners will need to arrange to get back to their cars after the race. Transportation will be made available from the finish area to the start area before the race only!! **Anyone wishing to use this transportation that will leave at 7AM sharp needs to pre-register by August 9th to reserve a spot on the bus.** Any transportation request received after Aug 9th will not be guaranteed a spot on the bus.

Cost- Registration costs are \$20 if received by Aug 9th, and \$25 after Aug 11th up to race day. Registration includes the official 2009 York 10-Miler short sleeve t-shirt. Shirts are guaranteed to the first 200 entrants. Race day registration will open at 7AM at the Seven Valleys Fire Hall. Checks can be made payable to: *The Arc Foundation of York County.*

Packet Pickup- Packet pickup will be available Friday Aug 21 at The Arc of York County, 497 Hill St, York **BEFORE 6PM.** There will be walk up registration on Friday. Race day pickup will be available at the bus departure for bus riders and at the start area for non- bus riders. Entries should be mailed to York 10 Mile, 497 Hill St, York, PA 17403.

Directions: To the Finish: From the north, follow I83 take exit 22 George St. follow George St south 2 miles to Princess St. Turn Right on Princess, follow 2 blocks to parking, finish 3 blocks on the left. From the South, follow I83 to exit 15 S George St. Follow George St. 3 miles to Princess. Turn left on Princess follow above. To the start: from 83 take exit 10 Loganville. Go west on North St Rt. 216. At stop sign turn right, North, on Main St. Follow for 1.2 miles. Turn left on Valley Rd and follow 4 miles into Seven Valleys. At T-intersection, turn right, fire hall parking 1 block on right.

For more information, please contact The Arc of York County at (717) 846-6589 or via email at mail@thearcofyorkcounty.org.

Return completed form to: York 10-Miler, 497 Hill St, York, PA 17403

First Name _____ **Last Name** _____

Address _____

City _____ **State** _____ **Zip** _____

Phone _____ **Email** _____

Circle one- Male or Female **Age on Race Day** _____ **Date of Birth** _____

Shirt Size: S M L XL

Bus Transportation before the race from the finish to the start required? Yes or No Not answering means no!!!!

Enclosed is an additional donation of \$ _____ to support the programs and services of The Arc of York County

I realize that there is risk involved with any physical activity. In consideration of such, I agree to assume all responsibility of risk and hereby for myself and anyone associated with me release and discharge the USATF, the York Road Runners, York County Parks, York Hospital and Wellspan, The Arc of York County and any and all persons associated with the York Rail Trail 10 mile from all claims, damages and rights of action, present or future.

Signature _____ **Date** _____