



04/20/08 (Sunday) – Valley Forge Revolutionary Run – Valley Forge, PA

Run this challenging five-mile certified course through scenic Valley Forge National Historical Park. Or walk three miles to and from the National Memorial Arch. A one-mile Youth Fun Run starts this third annual event.

Race proceeds benefit park preservation and maintenance initiatives at the Valley Forge National Historical Park.

Events: 5-Mile Run, 3-Mile Walk, 1-Mile Youth Fun Run (*special note*) A parent or guardian must accompany their child or children to the Youth Fun Run.

T-Shirts: Custom-designed moisture wicking t-shirt given to 5-mile runners, custom-designed cotton t-shirt given to 3-mile walkers, and ribbons for the first 100 Youth Fun Run Participants.

Family Expo: Refreshments, health and exercise exhibits, park information, visitor information and running clubs will be represented.

Race packets: (shirts, chips and bibs) can be picked up on Friday (11am-7pm) or Saturday (9am-7pm) in the lobby of the headquarter hotel at the Radisson Hotel Valley Forge (1160 First Avenue, King of Prussia, PA 19406).

For runners: No headphones, wheels (roller blades, bikes, strollers etc allowed) or dogs allowed. Bib numbers and chips are non-transferable and non-refundable. Unofficial runners will not be scored and are subject to disqualification from future Revolutionary Runs.

Timing chips: The Valley Forge Revolutionary Run will be using Champion Chip timing for 2008. Runners will receive their chip at packet pickup and will be required to attach it to their shoes (instructions included in packet). Awards are based on gun time (as per USATF Mid-Atlantic Track and Field standards). Runners will be disqualified for not wearing their assigned chip, and are responsible for returning the chip on either race day or within three weeks after the race. There will be a \$35 fee for any chips not returned. If you do not run on race day, you can mail your chip back.

Winners must be present to receive their awards.

Runner Premiums and Awards:

Custom-designed T-shirts given to five-mile runners and three-mile walkers.

Cash awards to the first, second and third place overall male and female winners.

Age group awards for first, second and third place finishers in each of the following male and female five-year divisions: 14 and under, 15-19, 20-24, (continuing through 75 and over).

Ribbons for all Youth Fun Run participants.

Sanctioned by Mid-Atlantic Track and Field

Awards for runners are:

Overall male -- \$400.00 and framed 20" x 16" "Running Through Time"

Overall female -- \$400.00 and framed 20" x 16" "Running Through Time"

2nd place male -- \$200.00 and framed 11" x 8.5" "Running Through Time"

2nd place female -- \$200.00 and framed 11" x 8.5" "Running Through Time"

3rd place male -- \$100.00 and framed 11" x 8.5" "Running Through Time"

3rd place female -- \$100.00 and framed 11" x 8.5" "Running Through Time"

Water will be provided at the start line.

The start and finish lines will both be near the park's upper parking lot.

LACE 'EM UP PARTICIPANTS

NONE

TO JOIN IN PLEASE CONTACT: Steph Lukens @ sjjhs@comcast.net