

# The Cowans Gap 5K Run/Walk



**April 9, 2017, 2:00 pm**  
**Cowans Gap State Park**

Join the Friends of Cowans Gap for the third 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. Proceeds from this event will go directly back to the park for educational programming, facility upgrades and for the preservation of the natural resources.

**Driving Directions:** 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 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 participants will receive a unique handcrafted medallion made from the Park's last ash tree. Sadly all our ash has been lost to emerald ash borers.

**Registration and Entry Fees:** Pre-registration on-line at [cowansgap.org](http://cowansgap.org) or by paper using the form below. Pre-registration deadline is April 1<sup>st</sup>. Race day registration begins at 12:00 near the food concession stand. Registration fees are as follows:

\$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  
6235 Aughwick Road  
Fort Loudon, PA 17224

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

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

Name \_\_\_\_\_ Age as of 4/09/17 \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ 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

In consideration of this entry form being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the DCNR, Friends of Cowans Gap, the Chambersburg Road Runners Club, or any land owners along the route. I certify that I am physically fit for this event.

\_\_\_\_\_  
Signature (parent or guardian if under 18)