

The Cowans Gap 5K Run/Walk



March 26, 2023 at 2:00 pm
Cowans Gap State Park

AGAIN THIS YEAR: 13 and under No Entry Fee!

Join the Friends of Cowans Gap for the 2023 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: This year's route will take runners through Campgrounds A and B. There will be no laps around the lake.

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 2023 handcrafted key fob.

Registration and Entry Fees: Pre-registration deadline is March 25th. Race day registration begins at 12:00 near the food concession stand. Registration fees are as follows:

Children 13 and under no entry fee but must register. Shirt will cost \$15.00, and orders must be received by February 25th.

Adults \$35.00 pre-registration fee with T-Shirt: comfortable wicking fiber shirt for registration received before **February 25th**, women's and youth sizes available. NOTE that "**shirts run small.**" The very early shirt cutoff date is due to supply chain problems.

\$20.00 pre-registration without T-Shirt received before March 25th online or by paper.

\$25.00 race-day registration, no shirt.

You can pre-register by mail or online at, <https://www.facebook.com/friendsofcowansgap/>, <https://cowansgap.org/> or at <https://cvraceseries.us/TimberHillTimingEvents.php>. Click on the 5K Run/Walk link. Race now chip timed.

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 Friends of Cowans Gap State Park at friendsofcowansgap@gmail.com

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

Name _____ Age as of 3/26/2023 _____ Sex _____

Address and email _____

_____ 13 and under run only, no entry fee (shirt \$15)

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

_____ T-Shirt Youth: S M L

_____ T-Shirt Male: S M L XL XXL _____ 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)

*****Paper copies of the registration form are available at the Cowans Gap State Park office.*****