

LAST MAN STANDING

SEPT 14 2024

DESCRIPTION: There can only be one winner. Everyone will start at the same time every hour. The goal is to make it all the way around the 4.1 mile loop within the hour. You only need to hold an average of a 14:38 minute mile to make it back in time. If you complete the loop before the hour is up you can use the remaining time to rest and fuel up before going back out. Fail to make it back to the starting line within the hour and you will be eliminated from the race. The loop is a well maintained trail with mild elevation making it a fast course. Snacks and hydration will be available at the trail head. You are able to have a race crew standing by to assist you if needed.

COURSE: THE TOP LOOP AT JAKES ROCKS TRAILS

START TIME: 7:00AM

COST: \$35 If registered before Sept. 11th guaranteed performance race T-shirt.

PACKET PICK-UP: SEPT. 13TH. At the Warren YMCA between 4:00pm - 6:00pm or the day of the race at the starting parking lot between 6:00 - 6:45am.

REGISTRATION: Register online at www.warrenymca.org call us at (814)726-0110, or stop in at the Warren YMCA.

CONTACT: Jena Swanson at (814)779-2871 or jenafox@warrenymca.org

I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Warren County YMCA or involved sponsor or volunteer. In addition, I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and trained sufficiently to participate in this event.

Signature _____ **Date** _____

Name _____ **Phone** _____ **Gender M / F**

Email _____ **Birthday** _____

Address _____

City, State, Zip _____

Shirt size (unisex) Adults S M L XL 2XL

!!!CASH REWARD!!!

The YMCA will be starting the pot at \$20.00 and with each registration we will be throwing in another \$10.00.