



Two River Marathon, Half Marathon, 5k and 10k Races

Lackawaxen PA

Sunday, March 18, 2012

Veteran's Park

Lackawaxen PA

(corner of Rte 590, Beisel Road and Scenic Drive, across the street from the Lackawaxen Fire Hall)

The purpose of this race is to bring a fast half marathon and marathon race to the area in the Springtime. A 5k and 10k race are also available so the entire family and friends can race and cheer each other. The area is known for its beauty. The Lackawaxen River was named the state River of the Year in 2010 and the Delaware is known as a beautiful, unspoiled river. Chances are good that you may see eagles during the race!

It's a celebration of running, health, happiness and Springtime!

The Two Rivers races offer:

- low entry fees
- disposable race bib chip timing with a start line timing mat
- technical wear shirt
- Post race food!
- All competitors receive commemorative 16 ounce glasses.
- marathon and half marathon finishers receive a Finisher's Medal
- the chance to see Lackawaxen on a beautiful Spring day!

The marathon and half marathon races will start near Woodloch Pines Resort in Hawley PA. A shuttle will be provided to take athletes to the start line from the finish area.

The half marathon and marathon courses have a net altitude loss of 560 feet! There are no major climbs on the course (the only climb of note is 60 feet over a quarter mile 9 miles into the race. Course maps to be added soon.

There are 8 water stations on the course. All miles are marked. Very little road traffic.

The course map is located here:

<http://connect.garmin.com/activity/60304343#.TwOvJsz9MEo.facebook>

Marathon and Half Marathon Race Start Time: 9am

5k and 10k Race Start: 10am in Veteran's Park. The course for both races is flat along the Lackawaxen River. It is an out and back course with a water station.

The marathon is on a certified course and is a Boston Qualifier.

Walkers are welcome and can arrange an early start time.

Awards for Overall Male and Female runners & walkers

Overall Awards for Marathon and Half Marathon female and male are:

1st place overall \$50, 2nd place \$25, 3rd place \$20

1st, 2nd & 3rd place for runners in each age group

The categories will be:

14 and under 15-19, 5 year age groups from 20-69, and 70 and over

Entry Fee-

Half Marathon \$35 to pre-register by March 15 (online at www.raceforum.com)

5k and 10k \$15

Marathon \$50 to pre-register by March 15 (online at www.raceforum.com)

\$45 for the half marathon and \$60 for the marathon to register day of the race

5k and 10k \$20

Pre-registration if mailed must be postmarked by March 12, 2012

FastFinishes.net

682 Masthope Plank Road

Lackawaxen PA 18435

Questions/comments: 570 470 4922 or email mark@fastfinishes.net

Chip timing by FastFinishes.net

Name:

Age:

Gender:

Address:

Phone:

Email:

Race (please circle your choice. Circle only one)

Half Marathon

Half Marathon Walk

Marathon

5k

5k Walk

10k

T-shirt size:

I know that running a road race is potentially a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, lightning, high winds, and extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Jeff jam Road Race, event volunteers, the City of Lackawaxen PA, its sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in

this event even though that liability may arise out of negligence or carelessness on the part of the persons

named in this waiver. Entry fee will not be returned due to "acts of God. Further, I grant permission to all

the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE (If under 18 years)

_____ DATE _____