

37th Annual
 George Rogers Clark Trace 10 Mile Run
 Rita Barker 2 Mile Run

Saturday, February 27, 2010

10:00 a.m. Eastern time - 2 Mile Race

10:30 a.m. Eastern time - 10 Mile Race

The George Rogers Clark Trace Runs commemorate the strength and courage of George Rogers Clark and his troops as they marched to and captured Vincennes from the British in February 1779. The race route includes Clark's approach to Vincennes, during the last days of February, when harsh weather increased the challenge.

Unlike the failed attempt by George Rogers Clark to have his troops food restocked along their way, Runners in the 10-mile event will receive **GU** in their packets to fuel-up during the run.

Just as Clark's army received food from the citizens of Vincennes, Runners will be served **Ham and Bean soup** by Boy Scout Troop 210, as well as **fruit and drinks**.

The course was changed in 2009 and is more scenic and is **100% paved** (no gravel)!
 10 mile entrants need to finish in 2 hr. 15 minutes or less in order to have course support.

Sponsored by

Old Northwest Running Club

Swift Athletics of Evansville

Good Samaritan Hospital

Fazoli's Restaurant

Samaritan Center

Bicycle Outfitters Schott Gemtron Corporation

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Gu

<u>2 Mile Run/Walk Race</u>		TROPHIES	<u>George Rogers Clark Trace 10 Miler</u>	
(Overall Male & Female)			Male	Female
			0-18.....3	0-19.....2
			19-24.....3	20-29.....3
			25-29.....3	30-39.....3
			30-34.....3	40-49.....3
			35-39.....3	50-59.....2
			40-44.....3	60+.....1
			45-49.....3	
			50-54.....3	
			55-59.....3	
			60+.....2	
<u>Rita Barker 2 Miler</u>				
Male	Female			
0-14.....2	0-14.....2			
15-19.....3	15-19.....2			
20-29.....2	20-29.....3			
30-39.....2	30-39.....2			
40-49.....2	40-49.....2			
50+.....2	50+.....1			

Trophies to overall Male and Female winners & Masters Divisions in both the 2-mile & 10 mile races.
 (Not eligible for age group awards)

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Saturday, February 27, 2010
10:00 am **Eastern Time** – 2 Mile Race *Vincennes time!
10:30 am **Eastern Time** – 10 Mile Race

Race Specifics

- ◆ Location: Samaritan Center, (515 Bayou) 6th and Bayou St. Vincennes, IN. Ten-mile race will begin and end on 6th St. Road, just south of the Samaritan Center.
- ◆ **Course:** *New in 2009!* **Mostly flat with some rolling hills. 100% paved.** Two-mile course is a two-mile section of the 10-mile course, entirely flat.
- ◆ Water at 3, 6, & 8 miles. **GU provided at first water stop!**
- ◆ **10 mile entrants need to finish in 2 hr. 15 minutes or less in order to have course support.**
- ◆ Post race: **Ham and Bean Soup served to all runners** as well as fruit and drinks.
- ◆ **Technical Fabric Long-sleeved shirts:** first 100 entrants.
- ◆ Entry Fee: \$22. ONRC members entitled to \$1.00 discount. Seventeen and under \$5.00 entry fee without shirt, full price with shirt.
- ◆ Late Registration and packet pick-up at the Samaritan Center 8:00–9:45 am.
- ◆ Results: Awards to be presented at the Samaritan Center as close to 1:00 pm as possible.

Next Race: Old Northwest 5K May 28, 2010
Entry Form may be photocopied.

Official Entry Form

Registration Fee: \$22.00 (Non-Refundable) on entries postmarked on or before Feb 14, 2010. \$25.00 registration fee on all late entries. ONRC member entitled to \$1.00 discount. Make check payable to OLD NORTHWEST RUNNING CLUB.

Complete the following (please print neatly) Race entered: 10 mile ___ 2 mile ___ 2mile walker race ___

Name _____ Sex _____ Age as of Feb 27, 2010 _____

Address _____ City _____

e-mail address _____

State _____ Zip _____ Phone _____ Fees Paid

T-Shirt Size: Small _____ Med _____ Large _____ X-Large _____ \$5.00 _____

\$22.00 _____

\$25.00 _____

WAIVER

In consideration of the foregoing, I for myself, my executors, administrators, and assigns, do hereby release and discharge the SPONSORS, and OLD NORTHWEST RUNNING CLUB, KNOX COUNTY, and CITY of VINCENNES and its departments, and other parties involved in the 37th annual George Rogers Clark Trace Run from all damages, demands, actions and causes of action and causes of action whatsoever, in any manner arising or growing out of participation in said run. I certify that I have run this distance or longer in practice prior to this event.

Signature _____

(Parent or guardian if applicant is under 18)

Mail to: Old Northwest Running Club
P.O. Box 869
Vincennes, IN 47591

Any questions contact Bob Hunt at 812-328-2210 or e-mail robertjerryhunt@hotmail.com