



# 2<sup>nd</sup> Annual Jog & Cog

## 5K/10K Trail Run & Mountain Bike Race

**All Proceeds Benefit the Rimersburg Hose Company**

**When:** August 2, 2014 *Rain or Shine- No Refunds*

Registration Opens at 7:00 AM for Run and Bike

**Race Times:** Run 8:30 AM Bike 11:00 AM

**Where:** 586 Traister Rd, Rimersburg, PA 16248 – Traister Rd is halfway between East Brady and Rimersburg off of Route 68. Turn on Traister Rd at the New Athens church and go 7/10 mile. Look for signs.

**Course Info:** The Trail Run and Mountain Bike Race courses include challenging climbs and fast descents through fields, woods, on fire roads, and single track. The Trail Run is either 5K or 10K and the **Mountain Bike Race will be a 10K Loop. Riders have the choice of 1 Lap (Novice), 2 Laps (Sport), or 3 Laps (Expert).**

**Classes and Awards:** **5K/10K** – Awards to Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall and age groups.

Male and Female Age Classes: Under 19, 20-29, 30-39, 40-49, 50-59, 60+

**Bike Race – *Expert and Sport Class*** awards for Male and Female 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall and Male 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in age groups. Male age classes: Under 19, 20-29, 30-39, 40-49, 50-59, 60+

***Novice Class*** awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall.

**Registration Fees:** Pre-Registered applicants - \$ 20 (registration received prior to **July 20, 2014**)

Day of Race or received after **July 20, 2014** - \$ 25

\*\*Double Discount – Do the Trail Run and Mountain Bike Race and save!

\*\*Pre-Registered Double - \$ 35 Day of Race or received after **July 20, 2014** - \$ 45

**Questions?:** email your questions to Eric Shick at [shicky68@hotmail.com](mailto:shicky68@hotmail.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Circle Shirt Size: **S M L XL** (Guaranteed to pre-registers)

Select Race(s): 5K Trail Run \_\_\_\_\_ 10K Trail Run \_\_\_\_\_ Novice MTB Race \_\_\_\_\_ Sport MTB Race \_\_\_\_\_ Expert MTB Race \_\_\_\_\_

I hereby certify that I am in good physical condition and fit for participation, that I have health insurance, and that I am aware of the risks of trail running and mountain bike racing. I agree to comply with all rules, including wearing a bike helmet, and I assume all risks and liabilities related to my participation. I, for myself, my heirs, executors, administrators and assigns, waive and release all landowners, any municipalities or other public entities, their respective agents and employees, and all volunteers and sponsors from all claims, damages or injuries suffered by me while participating in this event. I give my permission for the free use of my name, picture, or likeness for any purpose related to this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to: Jog and Cog**

**Mail to: Jog and Cog, c/o Eric Shick, 586 Traister Rd, Rimersburg, PA 16248**