



## Tenth Annual Adventure Challenge

Sponsored by the  
**East Shore YMCA**  
Saturday, September 25, 2010  
8:00 AM on City Island

The Capital City Adventure Challenge, sponsored by the East Shore YMCA will be held on September 25, 2010. This event is a team-based sprint adventure race, which requires each team member to complete all race segments and the team to work together to overcome “special tests”. The Capital City Adventure Challenge is comprised of running, mountain biking and canoeing, covering a total of at least 25 miles. The three person teams also will navigate challenges and obstacles between (and during) the three main race segments.

The course (which will remain secret until the race itself) will expose the racers to on and “off-road” terrain, and the Susquehanna River. **Net proceeds from the 2010 Capital City Adventure Challenge will benefit the child care operations of the East Shore YMCA. Help raise money for the kids and have a great time doing it!**

### **Registration Information:**

**\* THERE WILL BE NO RACE DAY REGISTRATION \***

1. Your registration fee must accompany your signed and dated registration form. Please note that **all** team members must sign the registration form. Mail-in registrations must be postmarked on or before September 18, 2010.
2. The maximum number of teams that will be permitted to participate in 2010 Capital City Adventure Challenge is 100.
3. Trophies and prizes will be awarded for the top three teams in each division. There will also be random prizes awarded at the post race party. The divisions include: Coed, All Male, All Female, Coed Masters, Masters Male and Masters Female (combined age greater than 120 for all Masters categories).

CONTACT: Corey Smith at 717-232-9622 or email [corey.smith@ymcaharrisburg.org](mailto:corey.smith@ymcaharrisburg.org)

Safety of racers is of paramount importance to the Challenge. By signing the application, racers attest to being in proper physical condition to participate in an event that will include extreme physical exertion. Racers must alert race officials at the pre-race meeting of any allergies or other conditions they have that could require immediate medical attention.

**Required Gear:**

1. Except as otherwise noted, all gear for the race must be provided by the race team.
2. The terrain will require a mountain bike or hybrid/cross terrain with a minimum tire width of 1.75", or 700 x 38c, respectively.
3. **No** Cyclocross bikes - **No** road bikes – Please note that bikes will be checked prior to race start.
4. Each team **must** have a bike repair kit **and** tire inflation devices. All racers must have an ANSI approved helmet, *which must be worn at all times during the event.*
5. Racers may bring UIAA or CE approved harness or they will be provided.
6. Canoes, paddles and life vests will be provided at no additional charge.

**Pre-race meeting:**

1. **There is a mandatory pre-race meeting for all teams at the Carousel Pavilion / City Island on Sept. 24, 2010 at 7:30 PM.**
2. Check-in for the race is immediately after the pre-race meeting.
3. Every participant will receive a limited edition 2010 Capital City Adventure Challenge T-shirt and racer bag.

In fairness to all of our racers, volunteers and sponsors, any team that has not reached the final leg of the Challenge by 1:15 will be asked to stop and return to the race start to join the Post-Race Party.

*There will be a \$15 charge for anyone other than a racer to eat or drink at the Post-Race Party. Children under 10 will be \$5.*

**Team Entry Fee** - \$225 (\$75 per participant)

*After September 18, 2010 the team entry fee will be \$255 (\$85 per participant). Remember: All mail entries must be postmarked by September 21, 2010*

**Register Online:**

**[Click Here to Register Online at Active.com](#)**

Or

Print out the form below and mail to East Shore YMCA -- 701 N. Front St. -- Harrisburg, PA 17101 -- Attn: Corey

**Website:**

**[www.harrisburgymcaraces.com](http://www.harrisburgymcaraces.com)**

**Check out this website to see what the race is about.**

Payments should be made by check or money order and made payable to: *East Shore YMCA - Cap City Challenge*

Team Name: \_\_\_\_\_

Team Member 1      Harness needed? YES / NO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Age / Sex \_\_\_\_\_

Email: \_\_\_\_\_ @ \_\_\_\_\_

Team Member 2      Harness needed? YES / NO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Age/Sex \_\_\_\_\_

Email: \_\_\_\_\_ @ \_\_\_\_\_

Team Member 3      Harness needed? YES / NO

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Age / Sex \_\_\_\_\_

Email: \_\_\_\_\_ @ \_\_\_\_\_

Division (Circle One)

Coed	All Male	All Female
Masters Coed	Masters All Male	Masters All Female

Note: Masters teams = combined age greater than 120

Race Fee: \_\_\_\_\_ Extra Meal tickets \_\_\_\_\_ Total: \_\_\_\_\_  
@ \$15 each

In consideration of the acceptance of this entry to the Capital City Adventure Challenge, I waive all claims for myself, my heirs and assigns, against the sponsors, cooperating and coordinating groups, and any individuals associated in any way with the event and will hold them harmless for any and all injuries, and damage that I may cause to private property during the Challenge and that otherwise may result from my participation therein. I further state that I am in proper physical condition to participate in this race. I understand that the course is not closed and that I may encounter stationary and moving motor vehicles and pedestrians during the event. I also give my permission to the media and sponsors to use my name, statements I may make, and/or pictures of me in any newspaper, broadcast, telecast or other account of this event or future events of a similar nature without limitation and obligation to anyone to compensate me therefore. All decisions of race officials are final and non-appealable. Race officials reserve the right to disqualify any racer for violating race rules, and to require substitution of equipment. No refunds or rain checks. No whining will be tolerated.

Signature #1 \_\_\_\_\_ Date \_\_\_\_\_

Signature #2 \_\_\_\_\_ Date \_\_\_\_\_

Signature #3 \_\_\_\_\_ Date \_\_\_\_\_