

## Race Information

**Course:** A challenging, scenic 10-mile loop with plenty of hills through King of Prussia, beginning and ending at Heuser Park on Beidler Rd. Course is USATF certified (PA #08002WB). 5K course is a rolling loop that also starts and finishes at Heuser Park. Marshals will be on the course.

**Timing:** Start to Finish Chip timing using the state of the art Chronotrack B-tag. The ChronoTrack B-Tag is a disposable UHF RFID tag that stays mounted on the runner's bib requiring no additional application by the athlete. A large-readout digital clock will be at Start/Finish line.

**Water Stops:** Water will be available at miles 2, 4, 6 and 8 of the 10 Miler and at 2 mile mark of the 5K. Water and other refreshments will be at the Start/Finish area at Heuser Park.

**Awards:** Prizes will be awarded to the top 3 Men and Women overall in both races as well as the first-place finisher in each of the following age groups (no duplication of awards):

- 18 & Under
- 19-29
- 30-39
- 40-49
- 50-59
- 60 & Over

## Entry Fee and Registration Dates

### 10 Miler Run

\$25 if postmarked by May 5  
 \$30 if postmarked by May 25  
 \$35 on race day

### 5K Run/Walk

\$15 if postmarked by May 5  
 \$20 if postmarked by May 25  
 \$25 on Race Day

### 12 & under 3/4 mile Fun Run

No Entry Fee and No Registration  
 All participants receive finisher's awards

## Team Competition

There will be a competition for the top team in the 10 Miler. Simply pay the entry fee and fill out a registration form for each member, and remember to write the team name on the bottom of the form.

There is no limit to the number of runners on a team; however, only the first three team members will score. Finishing places will be added together; lowest score wins.

### Race Packet Pick-up

Race Packet early pick-up will be held June 4, 2-4:30 pm. MDP Parish Center.

333 Allendale Rd., King of Prussia

**Late Registrations Welcome!**

Race Packets can also be picked up on Race Day before the race begins.



Directions to Heuser Park

### From Philadelphia North and South:

Take I-76 West into King of Prussia to Mall Blvd. exit. Merge onto 202 North and go approximately 1.5 miles to Allendale road. Turn left on Allendale and go approximately 3 miles to Beidler Road. Turn right and go straight up hill. Follow signs and turn right into parking area outside the Phucas Building.

### From Reading and West:

Take Rt. 422 East to First Ave. exit. Go straight for the entire length of First Ave. until it meets Allendale Road. Turn left on Allendale and go approximately 1 mile to Beidler Road. Turn right and go straight up hill. At next light turn right and then right again into the parking area outside the Phucas Building.

## 2010 10 Miler Results

### Top 5 Male

Place	Name	Age	Time
1	Macharia Yuot	28	52:53
2	Jon Gries	23	54:04
3	Brian Szydluk	30	1:05:42
4	Brian Enright	30	1:06:02
5	Michael Francis	33	1:06:05

### Top 5 Female

Place	Name	Age	Time
1	Kimberly Hickey	25	1:09:22
2	Kelly Edwards	22	1:12:50
3	Maggie Bradley	34	1:13:29
4	Sam Frankenfield	24	1:14:23
5	Lisa Satteson	34	1:19:06



## 2010 Race Winner Macharia Yuot

2:18 marathoner

Lost boy of Sudan

As a young boy, Macharia Yuot was forced to leave his home and family as one of the Lost Boys of Sudan. They walked nearly 1,000 miles to escape a civil war. Yuot eventually came to America and settled in West Philadelphia and began still more journeys: to learn a new way of life...to develop into one of the most promising athletes of his generation...to become a US citizen...and to reach a helping hand back to his family in Sudan.

Mail Entry Form to: MDP King of Prussia 10 Miler 333 Allendale Road King of Prussia, Pa 19406

Make Checks payable to King of Prussia 10 Miler

Register online at

[WWW.RUNTHEDAY.com](http://WWW.RUNTHEDAY.com) (add \$3 processing fee)

Circle Event: 10 Miler Run 5K Run/Walk

Name: \_\_\_\_\_ Street Address/P.O. Box \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

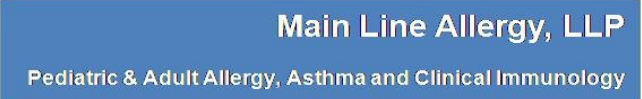
Email: \_\_\_\_\_ Sex (Circle one) F M Age on Race Day: \_\_\_\_\_ T-Shirt Size: YS YM YL S M L XL XXL

**Waiver**(Please read before signing) Team Competition Name: \_\_\_\_\_ Check here for Wheelchair Division

I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that there will be traffic, debris, poor footing, and other hazards on the course and assume the risk of running it. I also assume any and all other risks associated with running or attending the race, including but not limited to falls, contact with other participants, the effects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the organizers of this event, all municipalities in which the event is held, all owners of properties through which the race crosses, the race committee, volunteers, RUNTHEDAY race management, all other organizations directly or indirectly associated with the race, any or all sponsors including their parents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

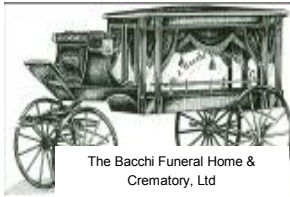
Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

The King of Prussia 10 Miler & 5K Run/Walk is made possible by the generous support of our sponsors. Please frequent the below sponsors.



**In Kind Sponsors**

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- Manhattan Bagel
- Produce Junction
- Crystal Springs Water
- Arden Theatre Co.
- Peoples Light and Theatre Co.
- Nota Bene Boutique
- Rivercrest Golf
- Savona Rest.
- Plaza Flowers



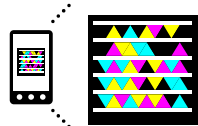
**Ehmann, Van Denbergh & Trainor, P.C.**  
 1500 John F. Kennedy Blvd Suite 220  
 Philadelphia, Pa. 19102



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**CURIAN CAPITAL**



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MDP King of Prussia 10 Miler & 5K Run/Walk  
 333 Allendale Road  
 King of Prussia, Pa. 19406  
[www.kingofprussia10miler.com](http://www.kingofprussia10miler.com)



**Sunday June 5, 2011**

**8:00 a.m. start**

Heuser Park, W. Beidler Rd.  
 King of Prussia, Pa.

[www.kingofprussia10miler.com](http://www.kingofprussia10miler.com)

**Honorary Race Marshal**

Tommy McDonald  
 Hall of Famer, 6-time All-Pro and former Philadelphia Eagle

**Honorary Master of Ceremonies**

Don Lancer  
 KYW-1060 News Radio  
 Broadcast Legend

**Proceeds to benefit the MDP School Educational Endowment Fund**