

ONE HILL AT A TIME

THE INAUGURAL (thank you Gary Henry wherever you are) RUNNING OF “ONE HILL AT A TIME” WILL BE HELD ON DECEMBER 6, 2008

**THE COURSE CONSISTS OF:
LONG HILLS,
SHORT HILLS,
LARGE HILLS,
TALL HILLS.**

**SOME ON GRAVEL,
LOTS ON ROCK,
WITH A LITTLE BIT OF GRASS IN SPOTS.**

DISTANCES THAT ARE OFFERED ARE 10K, 10K RELAY, 15K, 25K AND 50K. THE AID STATION IS AVAILABLE TO RUNNERS EVERY 6 MILES.

- **FROM CONCORDIA KANSAS, “ONE HILL AT A TIME” IS LOCATED 3 MILES SOUTH ON HIGHWAY 81**
- **TURN EAST ON NOBLE ROAD WHICH IS BETWEEN MILE MARKERS 199 AND 200**
- **TRAVEL 1.5 MILE EAST THEN TURN RIGHT ON 160TH ROAD**
- **GO .5 MILE SOUTH TO THE START/FINISH LINE**

SEE ATTACHED MAP

The “One Hill at a Time” run will benefit the IIGP (If It’s God’s Plan) which is a non profit organization whose goal is to offer recovery and education to those whose life’s have been affected by addictions.

THIS IS A DRUG AND ALCOHOL FREE EVENT

SCHEDULE OF EVENTS

Sat. Dec 6, 2008

Check in and registration

8 AM

Race start

9 AM

Race day entries will be accepted but will be charged an additional \$10.00. Registration ends 15 minutes before race time.

FEES:		AGE BRACKETS	
50K	\$40.00	12-17	56-65
25K	\$30.00	18-25	66 AND OVER
15K	\$25.00	26-35	
10K RELAY	\$30.00 (per team)	36-45	
10K	\$20.00	46-55	

All runners completing their event will receive a finisher's award. Runners may drop to a shorter distance and still receive their award but are not eligible for a record or a place in that event.

For 50k runners, the cut off time at the 23.5 mile mark is 6 hours. Runners over that will be required to proceed to the finish for a 25 mile run.

The course is very hilly, and if the weather has been wet could be muddy in spots. The weather can be a challenge in north central Kansas in Dec. so in other words "hard telling what it will be".

The run begins at a half-mile line with the 10K and 10K Relay runners heading south. Everyone else will start by heading north. (better get a pencil) The 15K runners will proceed north until they come to the 15K turn around (.15 M) the 25K runner go further north until the 25K turnaround (.25M) and the 50K runners go further north yet (.5M) to their turnaround. This will get everyone to finish at the start/finish line. As you come back and cross the start/finish line going south you will proceed south past the aid station at mile 1.5 then 1 mile further until the T, turn left and go 2 miles east, turn left for 1 mile, and another left for 2 miles. This is where the aid station is located. From here the 15K runners go north to their finish. The 25K and 50K runners turn around and retrace their route to the finish line again passing the aid station in 6 miles. The 50K runners will do a double out and back. The route will be marked with signs at all corners.

The 10K run is an out and back. The turnaround will be manned. The 10K relay consists of a 2 person team. Runner A will start the race and run 1 ½ mile (to the aid station) and hand off to runner B, runner B runs to the 10K turnaround and back to the aid station (total 3.2 miles) and hands back off to runner A who runs (1 ½ miles) to the finish. Simple, right?

The aid stations (one at the start/ finish line and one located at mile 1.5 and every 6 miles thereafter) will have:

Gatorade	Potato soup
Water	Chicken Noodle soup
PBJ sandwiches	Chips and Pretzels
Turkey sandwiches	Pop
Hot chocolate	Coffee
Bananas	Cookies
Chili Soup at start/finish	

These foods are furnished to the runners, but will be available to crews and spectators for a fee.

Crews and spectators may visit their runners at the aid station located 1.5 miles south of start/finish. We ask that folks either go there before the start or follow behind the slowest runner. Runners can also be visited at miles 4 & 7. (View on map)

Nobel Road is an all weather gravel road. From the corner of Noble and 160th Rd. follow it east as it curves south on 170th Rd. The mile 4 crossing is located 3 miles south. The mile 7 crossing is 2 miles south.

ENTRY

NAME _____ **EMAIL** _____
ADDRESS _____ **CITY** _____ **STATE** _____
GENDER _____ **AGE** _____ **EVENT** _____ **FEE** _____
50K--\$40, 25K---\$30 15K---\$25 10K & 10K RELAY (per team) \$30

WAIVER: BY SIGNING THIS WAIVER I AGREE AND RECOGNIZE THAT PARTICIPATING IN THIS EVENT COULD BE POTENTIALLY HAZARDOUS TO MY HEALTH AND WELL BEING.

THAT I ASSUME ALL RISK ASSOCIATED WITH THIS ACTIVITY AND DECLARE MYSELF TO BE PHYSICALLY AND MENTALLY PREPARED TO COMPETE.

I HEREBY WAIVE AND RELEASE FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF ANY ORGANIZERS OR VOLUNTEERS FROM ANY AND ALL CLAIMS OF ANY KIND ARISING FROM MY PARTICIPATION IN THIS EVENT. FURTHER I GRANT PERMISSION FOR THE USE OF MY NAME AND ANY PHOTOGRAPHS TAKEN AT THE EVENT.

Signature _____ **Date** _____

If under 18 must be signed by parent or guardian.

Team entries must have two waivers signed and clearly state who the team members are.

Mail entries with check or money order to:

**OHAAT C/O Joyce Jasper,
721 W 10th
Concordia, KS. 66901.**

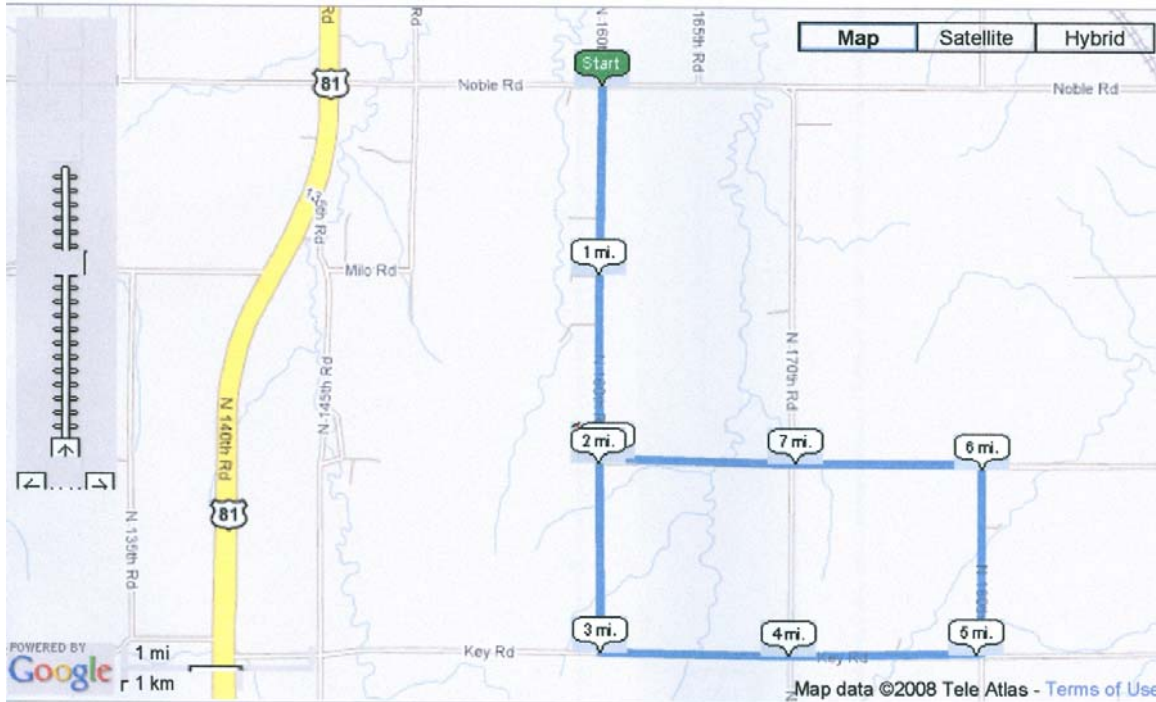
If you have questions call Steve before 10:00 P.M. 785-243-6517

Course Map:

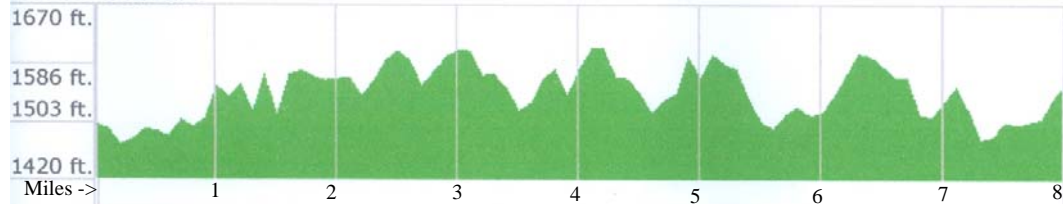
The course map below can be viewed at the following web site.

<http://www.usatf.org/routes/view.asp?rID=252829>

Name: One Hill at a Time
Rating: unrated
Distance: 8.05 miles / 12.95 km
Location: Start: 160 & Noble RD
Rural Concordia - Concordia, KS, US
Attributes: out & back, all hills, roads
Description:



Elevation Profile



Total climb: 854 feet. Total elevation change 1648 feet
This translates to climb 3380 feet for a 50 K run.