

## “About the Race”

**Location:** Pleasant Grove Park- 271 Pleasant Grove Drive, Palmyra, VA

**Registration Closes: October 09, 2018 at 10pm**

**No On-Site Registration**

**Race Number Early Pick-up: Pivot Physical Therapy at Lake Monticello**

**77 Market Street, Suite B, Palmyra, VA**

**October 11, 2018 from 10-4pm**

**Race Day Check-in:** 7-7:30am

**Race Shirt Pickup-** 7-7:30am at the race

**Race Time:** 8am

**Awards Ceremony:** 9:00am

**More information located at FAQ's**

This the **7<sup>th</sup> Annual Apple Harvest 5K Trail Run**. The race has always taken place at **Pleasant Grove Park** - in large part due to the beautiful and expansive trail system. The race was started - and continues to be organized by **the Monticello Scouting District** and is part of the **Apple Harvest Boy Scout Camporee**. This is the 41<sup>st</sup> year for the Camporee.

**Fitness** has been a pillar of the scouting program for over 100 years. For many years, a 5K walk/run was part of the camporee. We even had a Triathlon one year- with swimming, mountain biking, and trail running.

In an effort to **promote fitness in the community**, it was decided to open the race up to non-scouting youth and families. We have made many changes over the past 7 years. We want this to be a **premier trail running event for youth and families** in Central Virginia.

This year we have added a **GORUCK Rucking Division to the 5K**. Rucking, hiking with a backpack, is foundational in scouting. For this event, participants must carry a backpack that weights 20lbs (not including water) for those over 16 years of age and 10lbs (not including water) for those under 16 years of age. Participants must provide their own ruck (backpack) and weight. Packs will be weighed before race start. We will have scale for rucks before the race starts. A good ruck pace if 15 – 20min per mile, though some ruckers can get closer to 10 min miles. Want more information about rucking – check out: <https://www.goruck.com/how-to-ruck/>. Discarding weight or materials on the trail will result in disqualification.

We have been blessed by numerous **sponsors**- who financially support our race. We could not be successful without their help. If you have the opportunity, thank them for their support. One way to do that is to **support their business**. All of the profit from our race goes to provide **scholarships** for scouts who need financial assistance to summer camp.

We do want to recognize and award the winners of our race. We will award 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prizes for our **Overall Male and Overall Female**. We will also award in each of the following brackets for men and women:

14 and under	15-19	20-29	30-39
40-49	50-59	60 and over	

While at the race, we want to encourage you to take time to walk around the Scout Camporee and see what it is all about. The theme this year is “**Gladiators**”. Scouts will be competing in a variety of western themes events as well as traditional scouting skills. **We do ask that non-scouts refrain from entering the campsites.**

**We hope you have a great time at our event. And please - consider coming back next year!!**