



The Hay Creek Watershed Association Presents:  
**HIT THE HAY 8.1 M TRAIL RUN**  
 8th Annual Hay Creek Watershed Association Trail Run  
 Course design, marking and timing by Pretzel City Sports.

**DATE:** Sunday August 28, 2011

**RACE TIME:** 9:00am, Registration beginning at 7:30am

**LOCATION/REGISTRATION:** Rustic Picnic Area #4, Birdsboro – Parking available

**COURSE:** You can expect all the things that make a great trail run; rocks, roots, biting insects, prickly bushes, wildlife, heinous uphill, steep descents, water crossings, downed trees and spider webs. Add in the two pine scented beautiful reservoirs you circumnavigate, the decaying canal locks, local anglers staring at you as you splash through the Hay Creek, washed out roads, major water crossings, a start and finish in a pretty park, overall and age group winner awards, day of registration T-shirts and the Hit the Hay 8.1 Mile Trail Run will be all that you look for in a challenging yet very do-able event for seasoned trailsters and rookies. Join us in Birdsboro and chew your initials into a tree in the forests where Daniel Boone learned his craft before striking out for Kentucky.

**AMENITIES:** T-shirt to all Trail Run pre-registrants and day of race registrants until they are gone; refreshments and snacks for finishers; toilet facilities; good parking; time clock at finish; race results available online; race held rain or shine; no refunds or mailed awards. **AWARDS:** Philadelphia sports package to top male and female winners, and Hay Creek Watershed Association signature prize to top 3 male and female finishers 16-29; 30-39; 40-49; 50-59; and 60+

**ENTRY:** \$25.00 if postmarked by August 15 or online until August 19th. Afterwards and day of race: \$30.00, T-shirt's are available to the first 150 registrants. We are not responsible for lost registrations or incomplete online payments. Sign up as a new HCWA member and receive \$5 off race registration. (See below)

**QUESTIONS?** Email: info@haycreekwatershed.org or call 484-288-0536.

**GENERAL DIRECTIONS:** Location can be obtained online or GPS by entering 1314 Hay Creek Road, Birdsboro PA 19508. FROM 422: Take Route 345/S. Center Rd exit south to Birdsboro, continue straight onto N. Furnace St. FROM THE SOUTH: Take 345 North past French Creek State Park. Turn left at 724W. At traffic light turn left onto N. Furnace Rd. N. **Furnace Rd turns into Hay Creek Rd. Continue on Hay Creek Road (it follows the rail tracks and creek) past two RR crossings, and into Rustic Park lot on right.** Overflow parking is available across from the little league field on Hay Creek Road. NOTE: Please obtain directions prior to race day to ensure your timely arrival, we will not be able to give directions on race day, and are not responsible for lost or late participants.

**MAKE CHECK PAYABLE TO:** Hay Creek Watershed Association

**MAIL TO:** HCWA, P.O. Box 162, Geigertown, PA 19523.

REGISTRATION IS ALSO AVAILABLE ONLINE THROUGH AUGUST 25th AT: [www.hcwa.camp9.org](http://www.hcwa.camp9.org)  
 PLEASE KEEP TOP PORTION AND MAIL IN BOTTOM PORTION OF FORM. ALL FIELDS REQUIRED. Thank you!

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 Last Name \_\_\_\_\_ First Name \_\_\_\_\_ E-mail \_\_\_\_\_  
 Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone number: \_\_\_\_\_ Gender (circle one): Male Female  
 Shirt Size (circle one): S - M - L - XL Race day age: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be natural trail hazards on the course and assume the risk for running in these conditions. I also assume any or all other risks associated with running or attending the race including but not limited to: falls, contact with other participants, the affects of the weather and the condition of the trails, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your 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 Hay Creek Watershed Association and Birdsboro Water Authority, and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage or any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown.

I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

*The mission of the Hay Creek Watershed Association is to protect, preserve and restore the Hay Creek and its watershed through education, advocacy and community awareness.*

**Help us continue our important work by making a special contribution, or becoming a member today.**  
 ( ) Yes! I'd like to make a contribution of \$\_\_\_\_\_ in addition to my 2010 trail run registration fee.  
 ( ) Enroll me as an individual member for \$35, or my entire family for \$50 (Senior/Student is \$20) and take \$5 off my race fee.

See you soon... TOTAL ENCLOSED \$\_\_\_\_\_