

# HARVESTFEST CHALLENGE

5K ROAD RUN/WALK  
7 MILE TRAIL RUN

Upper Bucks County  
Saturday October 29, 2011  
9AM registration / 10AM race

## Thank You

First 200 registrations receive a free Harvestfest Challenge long-sleeved t-shirt.

## Awards and Presentations

Awards will be presented as soon as results are calculated. Awards will be presented to the first, second and third place in each age division. Presentations will take place at the Men-O-Lan ball field located on site of race.

## MAKE A DIFFERENCE IN THE LIVES OF OUR YOUTH AND FAMILIES!

All proceeds from this year's race will go to life-changing youth programs, such as BaseCamp, teaching spiritual leadership, outdoor skills, environmental stewardship, peace-building & life skills for youth FREE OF CHARGE.

*accept the challenge*  
5K ROAD RUN / WALK  
7 MILE TRAIL RUN  
Upper Bucks County

MEN-O-LAN CAMP &  
RETREAT  
1415 DOERR RD.  
QUAKERTOWN PA 18951

Non-Profit Org  
US Postage  
PAID  
Quakertown PA  
Permit No 205

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RUN / WALK OR VOLUNTEER

## To Register:

1. Online now @  
menolan.org

## 2. Mail-in

Complete form. Mail to: Men-O-Lan  
1415 Doerr Rd. Quakertown, PA 18951

Check payable to: Men-O-Lan

RACE (check one):

5K Road Race \_\_\_\_\_

7 Mile Trail \_\_\_\_\_

### Age Bracket (as of 10/29/2011)

14 and under \_\_\_\_\_ 15 to 19 yo \_\_\_\_\_

20 to 29 yo \_\_\_\_\_ 30 to 39 yo \_\_\_\_\_

40 to 49 yo \_\_\_\_\_ 50 to 59 yo \_\_\_\_\_

60 and over \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email (to confirm registration) \_\_\_\_\_

Phone (for emergency only) \_\_\_\_\_

T-Shirt size (adult sizes, circle one)

S M L XL 2XL



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## A FIRST OF MANY

We are pleased to provide our first Annual 5K/Road race and 7Mile Trail Run/Walk. The trail challenge features a winding course thru 175 acres, with gentle elevation changes, water crossings, and the most "Pocono-like" features you can see in Bucks County. The road race will wind through the country roads surrounding Men-O-Lan. Scenic and challenging! Fruit, water & Gatorade stations will be provided at the end of the race.

**Fee: \$20 postmarked before 10/20/11; \$25 race day.**  
**Donations greatly appreciated.**  
**Please make all checks payable to: Men-O-Lan.**

**Race questions? To volunteer?**  
**Contact Troy Shelly @**  
**troy.shelly@verizon.net**

**A bit more  
about  
MEN-O-Lan**  
(to help you  
want to run &  
walk a little  
faster...)



Since 1941, Men-O-Lan has provided life-changing outdoor opportunities for youth and our communities. We like to say 'change. from the inside - out.' So for over 70 years, we've been seeing positive changes in youth so that they can get out and change their world!

Located in beautiful Bucks County, PA, our distinct outdoor environment, along with amazing trails, wetlands, lake & 175 acres of discoverable woods, has allowed for excellent outdoor education, summer camps, church, group & business retreats and community events.

*Visit us online at [www.Menolan.org](http://www.Menolan.org)  
for more information on the following:*

- Overnight Camps
- Day Camps
- Weekday & Weekend Facility Rentals
- Events
- Challenge Course
- BaseCamp & other Life Skill Programs
- Agricultural Programs
- Volunteering Opportunities

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against Men-o-lan, its officers, members, sponsors, organizers, volunteers and individuals associated with this event and will hold them harmless from any injury suffered in this event. Also, none of the above are responsible for the loss of personal items nor any other of aggravation in connection with said event. I understand that road racing and trail racing are potentially hazardous activities. I verify that I am physically fit to participate in this event. In addition, I grant permission to all the foregoing to use any photographs, motion pictures, videos or any other recordings of this event for reporting advertising or any other legitimate purpose without written or verbal consent.

Signature \_\_\_\_\_

(Parent/Guardian if under 18 years old)