

SUSQUEHANNA SUPER HIKE & ULTRA TRAIL RUN



28.4-Mile Point-to-Point Trail Challenge

September 8, 2012, 7:00 AM

Lower Susquehanna Gorge, York & Lancaster Counties



The **Keystone Trails Association** will host the 4th annual **Susquehanna Super Hike & Ultra Trail Run** on Saturday, September 8, 2012. Join KTA for the **28.4-mile trail challenge** for adventurous hikers and trail runners on the wild river hills of the lower Susquehanna Gorge in York and Lancaster counties in south central Pennsylvania.

Enjoy the beautiful scenery while you tackle the rugged trails and steep hills of the 28.4-mile Super Hike course. There are over 10 significant climbs and descents along the route with a total elevation change exceeding 8,000 feet.

Start Time: 7:00 AM, Otter Creek Campground, Airville **End Time:** 7:00 PM, Pequea Creek Campground, Pequea

Registration: Early registration is \$60 (before August 19). Between August 19 and September 7, the registration fee is \$75. The event will be limited to **500 PARTICIPANTS**. **Sign up early to reserve your spot!** Registration includes shuttle transportation to the starting point, a Super Hike technical t-shirt, food and beverages at all checkpoints, a recognition award for each finisher, a picnic dinner at the finish line and a one-year membership to KTA.

Contact: Visit www.kta-hike.org for more information or to register online. Questions? Please contact KTA at ktaadmin@verizon.net or 717.238.7017 during normal office hours.

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|--|-------------|--|-------------------|
| Name: | | | |
| Street: | | | |
| City: | | State: | Zip: |
| Home Phone: | Cell Phone: | Email: | |
| T-Shirt (Unisex Size) S[] M[] L[] XL[] XXL[] | | Age on Event Day: | Male[] Female[] |
| Do you plan to use the Saturday morning shuttle service from Pequea Creek to the event starting line? Yes[] No[] | | | |
| Postmarked Before Aug. 19: \$60[] | | Postmarked between Aug. 19 – Sep. 7: \$75[] Discount rate for 2011 Super Hike registrants only: \$45 [] | |
| The event will be limited to 500 PARTICIPANTS . Sign up early to reserve your spot! In the event that the participant cap is not reached, registration on the day of the event will be \$90 (check or cash only) | | | |

Liability Waiver

In consideration of your acceptance of my application for participation in the Susquehanna Super Hike & Ultra Trail Run, I, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation. I discharge and release the Keystone Trails Association, Commonwealth of Pennsylvania, the Susquehanna Super Hike organizers, and its respective agents, committee(s), and any other involved employees, volunteers and representatives from all liability arising out of or connected in any way with my participation in the Susquehanna Super Hike whether or not caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers that may arise at any time during the Susquehanna Super Hike. My participation is voluntary and is done at my own risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in the Susquehanna Super Hike. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any of said parties of any right hereunder. I understand that serious accidents occasionally occur during hike/run events and that participants in the Susquehanna Super Hike may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest the equipment and clothing I will use in this activity is in good condition, and that I have the experience and ability to complete the activity safely. I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this event as established by the Susquehanna Super Hike Committee and to obey the directions of the event officials. I hereby grant full permission to the event organizers, committee(s), volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures or any other record of this event, including my name, likeness and/or voice for any legitimate purpose.

I understand that this event has a No Refund policy. I also understand that it is the policy of the Keystone Trails Association not to refund entry fees in the event that an act of God forces a cancellation of the Susquehanna Super Hike and Ultra Trail Run.

I have read, understood and agree to the Liability Waiver on this form. **Note: All unsigned entries will be returned.**

X _____
Signature (Parent or guardian signature if under the age of 18 on September 8, 2012) Date

Make checks payable and mail to: KEYSTONE TRAILS ASSOCIATION, 101 N. Front Street, Harrisburg PA, 17101