



SATURDAY, SEPTEMBER 21, 2013

**Diakon Wilderness Center
571 Mountain Road
Boiling Springs, PA**

**Registration: 8:00 a.m.
Start Time: 9:00 a.m.**

Rain or Shine

*Fee: \$35 before 9/1/13
\$45 after 9/1/13*

Spectator Only: \$15

100% of proceeds benefit helping troubled youths at the Diakon Wilderness Center

LOCATION: Race takes place on a beautiful, wooded 170-acre campus in Boiling Springs, PA (Cumberland County). The Wilderness Center is a tobacco and alcohol free campus.

COURSE: The course is off-road and includes some steep inclines. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitytiming.com.

AMENITIES: All pre-registered participants receive a long-sleeve tech T-shirt (guaranteed if registered by 9/3/13), lunch, free parking, and use of the zip line, Alpine tower and high ropes course located on campus. Awards ceremony at approximately 10:15 a.m.

MAIL CHECK PAYABLE TO "DIAKON" WITH THE BELOW FORM TO:

Diakon Lutheran Social Ministries, Development Office, 798 Hausman Road, Suite 300, Allentown, PA 18104

OR ONLINE REGISTRATION OPTION AT: www.pretzelcitysports.com

(closes Wednesday at midnight before race day, nominal service fee applies)

Name _____

Address _____

City/State _____ Zip _____ Age (on Race Day): _____

Email Address: _____ Phone #: _____

(Circle Your Selection)

Race: 5K Trail Run Spectator **Sex:** M F **T-Shirt Size:** S M L XL XXL

Name of Insurance Company: _____ Group # _____

Cardholder Name: _____ ID # _____

A liability waiver must be signed by all participants prior to the start of the race.

Please make check payable to "Diakon" and mail to: 798 Hausman Rd., Suite 300, Allentown, PA 18104

Event Questions: Call 717-795-0464 or trumpd@diakon.org