

The Great Valley Nature Center Presents the 8th Annual



Marsh Creek Raptor Run



5 Mile & 10 Mile Trail Races

Sunday, July 14, 2013 - 9:00 A.M.

Marsh Creek State Park, Downingtown, PA

Race Sponsor: Malvern Veterinary Hospital, Malvern, Pa

The Great Valley Nature Center was founded in 1974 as a non-profit organization dedicated to providing environmental education and recreation experiences for school children, organized groups and the general public.

Located on 10 1/2 acres, the Nature Center provides educational experiences for over 40,000 people each year.

Proceeds from the race will help provide environmental education programs for special needs and underprivileged children, including camp scholarships, and support the Birds of Prey Center, a home for permanently injured raptors that have come in from various rehabilitation facilities.

Trail Run Course:

- ❖ Beautiful scenic lakefront trails. Breathtaking lake views throughout the race.
- ❖ Shaded rustic trail with sizes ranging from single track to quadra-track. Great race for beginners with enough technical challenges to keep experts on their toes as well.
- ❖ Forests, rolling hills, grassy meadows, messy mud holes, downed trees, this race has it all!

Other Reasons to Enter: Water stops every 2.5 miles on trail run, lots of post race food, vendors, full results posted on the Internet about 2-3 days after the race, instant results posted at race, some mile markers, digital clock at race finish, modern bathrooms, well marked trail, nearby parking, benefits a great cause! **ALSO, THE RACE IS A 5 MILE LOOP, WITH ALL RUNNERS STARTING AT THE SAME TIME. DECIDE IF YOU WANT TO FINISH IN THE 5 MILE RACE OR THE 10 MILE RACE AT ANY TIME DURING THE 1ST LOOP!**

Awards: For Each Race, the 5 mile and the 10 mile Trail Runs: 1st & 2nd Overall Male and Female in each race plus the top 3 male and female finishers in the following age groups:

14-29 30-39 40-49 50-59 60+

Entry/Registration: Race starts at 9:00 A.M.; registration in Tent at South Entrance from 7:45 a.m. to 8:45 (follow signs to registration). Fee is \$25 for either race if postmarked by June 25th, includes a short sleeve T-shirt; \$30 after cutoff including day of race while shirts last; \$25 after they're gone. (A limited number of extra shirts will be printed so please try to pre-enter). No mailing of shirts or awards; no refunds.

Race goes on rain or shine; (may delay race start if "lightening"). Must be at least 14 years old to enter the trail run. Online registration available up to 4 days before the race at www.pretzelcitysports.com; small service charge applies. **IMPORTANT NOTE:** If you are planning on participating in the 10 mile race, you must finish the first 5 mile loop within 1 hour and 15 minutes.

NOTE: MANY OF OUR REGISTRATION FOLKS ALSO HELP AT REMOTE LOCATIONS ON OUR COURSE. TO ALLOW THEM TIME TO GET THERE, IT'S ESSENTIAL THAT EVERYONE BE REGISTERED BY 8:45 SO WE CAN SEND THEM TO THEIR POSTS.

Directions:

- ❖ Marsh Creek State Park in Chester County/ Southeastern Pennsylvania is just minutes from the West Chester/Downingtown exit off the turnpike and encompasses 1,705 acres and the 535 acre Marsh Creek Lake.
- ❖ The Race will be **OFF CHALFONT ROAD (NOT THE MAIN ENTRANCE OR THE WEST ENTRANCE to the park!!!)** Lots of signs will be posted on race day.
 - **FROM 202:** 202 South to Rt. 30 Bypass West, take 282 Wallace Ave. exit, make left at bottom of ramp, go .2 miles and make right onto 282 North. Follow 282 North 6 miles and make a right at the stop sign onto Marshall Road. After .7 miles, make a right onto Chalfont road and entrance to Race will be on the right after .5 miles (field).
 - **FROM PA Turnpike:** Take PA turnpike to West Chester/Downingtown exit, take 100 North for ½ mile, at 2nd light make a left onto Pennsylvania Drive (before you go under the bypass), after ½ mile take a right onto West Township Line Road, go 1 mile and make a right onto Dorlan Mills Road, after 1.4 miles, take a right onto Creek Road (282 North). Follow 282 for 3.4 miles, Follow 282 North 6 miles and make a right at the stop sign onto Marshall Road. After .7 miles, make a right onto Chalfont road and entrance to Race will be on the right after .5 miles (field).

Benefits: Proceeds go to the Great Valley Nature Center! www.gvnc.org

Please consider making a donation or becoming a race sponsor!

Insurance provided by Road Runner Clubs of America (RRCA).

THANKS TO THE MARSH CREEK STATE PARK STAFF FOR THEIR HELP!

Please make checks payable to: "Great Valley Nature Center".

Mail applications and checks to: Pretzel City Sports, 112 W. 36th St. Reading, PA 19606 Race Questions? Call Pretzel City Sports (610) 779-2668 or email "rhornpcs@aol.com". You can also check out the trail FAQ on www.marshcreekrun.org Online registration available on www.pretzelcitysports.com up to Wednesday, July 10 at midnight.

Last Name _____ First Name _____

Address, _____

City _____ State _____ Zip _____ Race : 5 Miles 10 Miles
(not binding)

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Shirt Size (circle one): S M L XL

Telephone(_____) _____ AM? PM?

Email _____ Already Getting Pretzel City Sports emails? Yes No

WAIVER: I know that running a trail run is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, winter hazards, debris, and poor footing on the course and assume the risk for running on it. 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, the conditions of the roads and getting lost, 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 Great Valley Nature Center, Pretzel City Sports, Marsh Creek State Park, PA Dept of Conservation & Natural Resources all municipalities in which the event is held, the race committee, volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to all parties associated with the race to use my name and any pictures or likenesses of me secured at the event in any way they see fit without review, restriction, or compensation. I HAVE READ & UNDERSTAND THIS WAIVER:

SIGNATURE _____ DATE _____ Race Entry Enclosed \$ _____
(parents or guardian signature if under 18)

Additional Donation Enclosed \$ _____

Total Enclosed \$ _____