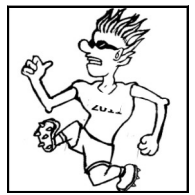




4th ANNUAL



On The Rocks Trail Run 10K, 15K, 30K

Benefitting the Margaret E. Moul Home's Wheelchair Fund

*** Saturday, August 17, 2013 ***

**** At Rocky Ridge County Park****

500 Deininger Road, York, PA

Registration opens @ 7:00AM

10K * 15K * 30K Runs begin @ 8:00 AM

FEES & REGISTRATION

Early Bird - \$30.00 *postmarked by July 31, 2013* to receive shirt.

Late registration \$40.00 *after July 31, 2013* and race day registration (no shirt).

Register online at www.ultrasignup.com or www.ontherockstrailrun.webs.com

(For questions regarding registration please, e-mail ontherockstrailrun@hotmail.com)

***** Rain Date: Sunday, August 25, 2013 *****

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REGISTRATION

Please make check payable to **MARGARET E. MOUL HOME** & mail to 2050 Barley Rd., York, PA 17408. (No Refunds)

I will participate in: 10K Trail Run _____ 15K Trail Run _____ 30K Trail Run _____

First Name: _____ Last Name: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Email address: _____ Birth date: ___/___/___ Age: _____

(Participants under 18 years of age must contact the race director. A parent or legal guardian must sign the waiver and be at the race.)

Telephone #: _____ Sex: M - F Shirt Size: S - M - L - XL

!Must sign Liability Waiver on back of this registration!

ONLINE REGISTRATION IS AVAILABLE AT

www.ultrasignup.com or www.ontherockstrailrun.webs.com

(For online registration questions, please e-mail ontherockstrailrun@hotmail.com)

For Office Use Only

Date Received: _____

Runners: _____

Amount Rec'd: \$ _____

Wicking Shirt Given: _____

Initials: _____

On The Rocks Trail Run

Benefitting Margaret E. Moul Home's Wheelchair Fund

10K (6.2 miles), 15K (9.3 miles), 30K (18.6 Miles) Trail Runs – Start 8:00am

Course Description: The trails have little rocks, big rocks, dirt, gravel, tree roots, uphill climbs, small streams, groomed areas and grassy trail sections. The course map and pictures can be seen at www.ontherockstrailrun.webs.com.

Requirements: All runners and hikers are welcome. Participants **under 18 years of age** must contact the race director before the Race. They must have a parent, legal guardian presence at the race and a waiver must be signed by a parent or legal guardian. Runners must be able to complete 10K course in 2 1/2 hours, the 15K course in 3 hours, and 30K course in 5 1/2 hrs. The 30K requires you to complete the 1st loop in 2 1/2 hours. There will be no exceptions for any participants. **Warning: If you cannot run/hike on the road without tripping or stumbling, this race is not for you. If you haven't done much trail-running and are primarily a "road" runner, this course will provide a very unique, difficult, breath-taking experience. Please visit the website at www.ontherockstrailrun.webs.com for the old course map, and then visit the park before signing up.**

Aid Stations: 10K-Fully stock around mile 3-4. 15K-Fully stock around mile 5-6. 30K-Fully stock around mile 5-6 & mile 10-12 and water/electrolyte at start of the 2nd loop(9.3 miles). More Water stops maybe added due to the race day temperature

Awards: Overall men & women 1st place. Age Groups men & women 1st place: 17 & Under, 18-29, 30-39, 40-49, 50-59 and 60+.

ENTRY FEES & REGISTRATION

Runners: Early Bird Registration fee is \$30.00 if postmarked by July 31, 2013 to receive a wicking tech shirt. Late registration fee is \$40.00 after July 31, 2013 and race day Registration (no shirt). No refunds. Make Checks payable to the Margaret E. Moul Home. (No Refunds)

Race Day Registration & Pack Pickup Location: 7:00 am at the Chestnut Oak Tree Pavilion (right behind the Restrooms at the back parking lot).

Refreshments: Will be served after the runs for participants & volunteers at the Chestnut Oak Tree Pavilion (right behind the Restrooms at the back parking lot). Nonparticipating individuals may enjoy the refreshments with a \$5 donation.

Internet directions: GPS Coordinates: 40.011839,-76.650667 (Back Parking Lot)

Driving directions: From Rt. 30, take Mt. Zion Rd. (Rt.24) north for 1 mile. Turn right onto Deininger Rd. and follow into park and the road will dead end into the back parking lot. Registration is located behind the Restrooms that you pass on the left before you come to the back parking lot.

Random Prizes: Will be drawn during the event for all Participants & Volunteers. See the prize table when you completed your event.

Volunteers: Are always needed. If you or love ones at the race are interested in volunteering please e-mail the race director.

Contact Race Director Scott Newcomer for race information & registration questions at www.ontherockstrailrun@hotmail.com

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LIABILITY WAIVER

In consideration of your acceptance of my application for participation in the ON THE ROCKS TRAIL RUNS (Event), I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, 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 Margaret E. Moul Home, its Board of Directors, Officers, Managers, Staff, families, heirs and assigns and the York County Parks, the Event's organizers, and its respective agents, committees, and any other involved representatives caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers in trail running this Event including, but not limited to falls, contact with other participants, the effects of the weather including heat and/or humidity, the conditions of the running course, and getting lost that may arise at any time during the Event. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or losses, damage or injury that may be sustained while participating in the Event. 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 said parties of any right hereunder. I understand serious accidents occasionally occur during run/walk Events and that participants in the Event 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 the entire persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this Event 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 Event committee and obey the directions of the Event officials. I hereby grant full permission to the Event organizers, committees, 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 have read, understood and agree to the Liability Waiver on this form. (All unsigned entries will be returned.)

Participants Name (Print) _____

Participant's Signature _____

Date: _____

(If the participant is under 18, a parent or legal guardian must sign.)