

Kempton's Running Revolution Club presents:

The 1st Annual Leaser Lake 5k Trail Run & ½ mile Kids Fun Run

Saturday, October 25, 2014 – 9 AM – Kempton, PA

Proceeds of our run will be donated to the Leaser Lake Heritage Foundation & The Kempton Lions Club to fund the construction of the handicapped access dock - as well as other amenities - to increase the accessibility of the lake.

Location/Registration: 8502 Pleasure Court Kempton, PA 19526. Day of Registration and packet pick- up located near start location, behind the main parking lot.

Course: Our Course is 3.1 miles of off-road fun! While it is no “piece of cake” it definitely is novice trail runner friendly. The course is a challenging trail that winds around the lake and local fields. **WARNING:** There may be mud! Race held RAIN or SHINE.

Amenities: Long sleeve T-shirts to all pre-registrants until they run out! Refreshments for finishers, toilet facilities, time clock at finish and instant results. Race timed by Pretzel City Sports – results posted on www.pretzelcitysports.com in 1-2 business days.

Awards: Awards for the male & female finishers: **18 & under:** 3M, 3F **19-29:** 3M, 3F **30-39:** 3M, 3F **40-49:** 3M, 3F **50-59:** 3M, 3F **60+:** 3M, 3F

Entry: \$25 if postmarked by October 6th, includes long sleeve t-shirt. Afterwards, including day of race, \$30 while shirts last, \$20 when they are gone. Please pre-pay with check (no cash, please!), or Online Registration at www.pretzelcitysports.com. **Day of entry registration starts @ 8:00am.** We suggest pre-registering to guarantee race shirt! **MAIL CHECKS PAYABLE TO “The Leaser Lake Trail Run” & FORM BELOW TO Katie Riegel, 720 Girard Ave. Hamburg, PA 19526.**

General Directions: 78 East – taking Lenhartsville exit, turn left onto Route 143 and travel approximately 8.5 mi. and turn left onto Pleasure Court. 78 West – taking Fogelsville exit keep right onto PA 100 N for 8.2 mi. and take left on PA 309, travel 2.6 mi. and take left onto Route 143, travel 5 mi. and turn right unto Pleasure Court.

Race Directors: Katie Riegel (484-538-3286) & Sheila Heiter (484-661-8999) reach us by email at KRRC2014@aol.com.

*******Please Print Clearly*******

Last Name: _____ First Name: _____

Address: _____

City/State: _____ Zip: _____ Race Day Age: _____ Date of Birth: __/__/__

Sex: M F Phone#: _____ Shirt Size: S M L XL

I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited the KRRC, the Leaser Lake Heritage Foundation, and the Kempton Lions Club and those in their employ, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, and the condition of the trail; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date __/__/2014