



Mount Gretna Trail 5K – Sunday, September 21, 2014 & 1 Mile Fun Run/Walk

LOCATION: The Park at Governor Dick, 3283 Pinch Rd W, Cornwall, PA 17064; 5K at 4:00 PM, Fun run/walk at 4:45pm.

COURSE: The course is a perfect pairing of rugged and scenic. The invigorating racecourse is a trail loop through the woods of the Governor Dick. Trails are marked with roots and rocks and occasional inclines creating a slightly challenging, yet enjoyable course.

AMENITIES: Free event t-shirts to all pre-registrants, refreshments for all runners, toilet facilities, plenty of parking, held rain or shine. No refunds. 5K professionally timed by Pretzel City Sports and results posted on www.pretzelcitysports.com in 1-2 days.

AWARDS: 5K awards for the top (3) male & female winners in the following age bracket: 18 & under, 19-29, 30-39, 40-49, 50+. 5K awards for the top (3) male & female winners overall.

GENERAL DIRECTIONS: Event will be held at The Park at Governor Dick Nature Center located along Pinch Rd. just east of Mt Gretna, PA.

FEE: Early registration fee is \$25 for all entries received by September 10th. The fee for entries received after September 10th and day of race is \$30. T-shirts guaranteed to all who register by September 10th. T-shirts while supplies last for registrants after September 10th.

REGISTRATION: Participants may pre-register at www.gretnatrail5k.com or by filling out the application below. Race day registration takes place starting at 3:00pm

MAIL CHECK PAYABLE TO “Crystal Wiegand” & FORM BELOW TO: PO Box 182, Mt Gretna, PA 17064.

RACE DIRECTOR: Crystal Wiegand: (717) 371-4581, gretnatrail5k@gmail.com

www.gretnatrail5k.com

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K / FUN RUN Sex: M / F Phone: (_____) _____

Adult Shirt Size (circle one): S M L XL Email _____

I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to, Pretzel City Sports, Clarence Schock Memorial Park at Gov. Dick, Inc., its Board of Directors, Officers, Agents, 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