



Second Annual TIMBER TROT 5K TRAIL RUN

Saturday, October 10th, 2015 - 9:00AM
Woodcrest Retreat - Ephrata PA

REGISTRATION: Register online at WWW.TNTYOUTHMINISTRY.COM or at WWW.PRETZELCITYSPORTS.COM. Pretzel City registration closes Wednesday Oct. 7th, 2015. A Pre-registration fee of \$20.00 is due by September 26th, 2015. Every registration includes a free t-shirt. Race day registration fee is \$25.00 and includes shirts while supplies last. Race day registration will open one hour before race begins.

LOCATION: Woodcrest Retreat 225 Woodcrest Rd. Ephrata, PA 17522. 5K begins 9:00AM. Follow arrows upon entrance to Woodcrest for race day registration and parking located at Poplar View Pavilion.

COURSE: The course will be varied terrain through the woods, grass and blacktop.

AMENITIES: Refreshments for finishers, indoor toilet facilities, parking, time clock at finish and instant results. Event held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysport.com in 1-2 days.

AWARDS: Top male and female winners plus, overall male and female top finishers in each age category, 14 and under, 15-25, 26-35, 36-45, 46-55, 56 and over.

MAKE CHECK PAYABLE TO "TNT YOUTH MINISTRY" EARMARKED TIMBER TROT IN THE MEMO AND MAIL TO: 510 Stevens Rd. Ephrata PA 17522

Questions: Contact Doug Garman at (717)989-5254 or email at djgarman@dejazzd.com

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

Print Name _____ Signature _____

Address _____

City/State _____ Zip _____ Age _____

Sex: M F Phone (____) _____ Shirt Size (Circle one): S M L XL

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the stony roads and trails 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 TNT Youth Ministries and Woodcrest Retreat, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone action for on their behalf, or anyone else associated in any way with the race, form any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in the event.