

Kempton's Running Revolution Club presents:

The 2nd Annual Leaser Lake 5k Trail Run & Kids Fun Run

Saturday, October 24, 2015 – 9 AM – Kempton, PA

Proceeds of our run will be donated to the Leaser Lake Heritage Foundation to help fund the projects surrounding the handicap accessible amenities. Check out leaserlakeheritagefoundation.org see updates on the projects

Location/Registration: 8501 Follweiler Ct. Kempton, Pa 19526.

Day of Registration and packet pick-up located at the end of the parking lot. Follow signs.

Course: *NEW COURSE! Run the WESTERN EDGE of the LAKE!* Its flatter and faster than last year. This course is still no "piece of cake" but it's definitely novice-trail-runner friendly. **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, food stand, bake sale, hot beverages, 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 male & female finishers: **Overall:** 2M, 2F **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 5th, includes long sleeve t-shirt. After October 5th, including day of race, \$30 while shirts last, \$20 when shirts are gone. Please pre-pay with check (no cash, please!), or Online Registration at www.pretzelcitysports.com.

Day of entry registration - 8:00am – 8:50am. We suggest pre-registering to guarantee race shirt!

MAIL CHECKS PAYABLE TO "The Leaser Lake Trail Run"

SEND FORM BELOW TO: Katie Riegel, 720 Girard Ave. Hamburg, PA 19526.

General Directions: 78 East – taking Lenhartsville exit, turn left onto Route 143 North and travel approximately 7.3 mi. and turn left onto Leaser Road travel .5mi and turn right on to Follweiler Ct. 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 6 mi. and turn right unto Leaser Road travel .5 mi and turn right on to Follweiler Ct. **WATCH FOR SIGNS!**

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

Follow us on Facebook for update and sponsors! Search **Leaser Lake 5k Trail Run!**

*******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 __/__/2015

(Signature of Parent/Guardian if under 18 years of age on Race date)