



**TYLER ARBORETUM 10K TRAIL RUN
23rd Running Saturday, April 9, 2016**

Famous Since 1993...Never Gets Easier

Tyler Arboretum 515 Painter Rd. Media, PA 19063-4424

9:00 AM Start. Registration and race packet pick up open at **8:00 AM**

Presented by Delaware County Road Runners Club.

A USATF Mid-Atlantic Off-Road GP Event.

Race Website: www.TylerTrailRun.com

Registration fees \$32.00 before March 01, 2016; \$35.00 after.

RAIN OR SHINE. NO REFUNDS, TRANSFERS or EXCHANGES

Mail entry form and checks payable to Delco RRC to: Delco RRC c/o John Greenstine, 254 Clover Circle, Media, PA 19063 or register online at race website TylerTrailRun.com

Amenities: Gift for runners registered before March 09. Refreshments after the run for runners and guests.

Awards: Top overall male and female runners, first three male and female runners in age groups 18-29, 30-39, 40-49, Men 50-59, Women 50-59, Men 60-69, Women 60-69 and Men and Women 70 and over. No duplicate awards.

The course is wheel measured at 6.2 miles. Narrow and wide hiking trails with rolling and climbing hills, four shallow creek crossings. One water station you will enjoy twice on your run. Trail will be marked with bio-chalk arrows on the ground, ribbons on trees and posts, and arrow signs. Course volunteers where needed.

More information call: Race Director John Greenstine (610 891-0806, or e-mail: TylerTrailRun@yahoo.com or Info@Delcorrc.com. Results will be posted at TylerTrailRun.com and www.Delcorrc.com

Attention: Dogs are not permitted on the Arboretum property
REGISTRATION FORM

Last Name _____ First Name _____ MI _____ Sex _____

Address _____ City _____ State _____ Zip _____ Age Day of Race _____

Email Address: _____ Phone number _____

Size of Shirt, circle one: **SM MED LG XL** (note: the race gift may not be a tee shirt. Probably something pretty neat!)

MUST BE 18 OR ABOVE TO ENTER

WAIVER: I understand that running races are potentially hazardous activities. I agree to abide by any decision of race official about my ability to safely complete the run. I assume all risks with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting this entry, I the undersigned, intending to be legally bound, here by, for myself, my heirs, executors and administrator waive and release any and all rights and claims for losses and damages I may have against Tyler Arboretum and Delco RRC and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I am medically able and properly trained. I also give permission for the free use of my name and photograph in any broadcast, web usage or other accounts or promotion of the event or Delco RRC.

WAIVER MUST BE SIGNED

Signature _____ Date _____

Register online or mail entry and check to Delco RRC, c/o John Greenstine, 254 Clover Circle, Media, PA 19063

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE