

HELP GreenAllies AND THE ALTHOUSE ARBORETUM!



- **SATURDAY OCTOBER 8, 2016**
- **5K MILE TRAIL RUN STARTS AT 10:00 AM**
- FUN WALK/RUN (1.3 OR 2.4 MILE, YOUR CHOICE!) BEGINS AT ABOUT 10:05. **NEW FOR 2016: RACE TIMING BY PRETZEL CITY SPORTS**
- RACE REGISTRATION, PACKET PICKUP AND PARKING ARE ALL AT HILLSIDE AQUATIC CLUB/HOFFMAN FIELD:
- **134 WEST MOYER RD, POTTSTOWN, PA, 19464.**
- RACE DAY REGISTRATION/PACKET PICKUP ARE 8:30-9:50 AM

About the Race:

Come on out and give the short but challenging "Save Our Ash" 5K trail run a try, and help save the beautiful Arboretum's ash forest from a killer invasive beetle! This event will take you through 3 Upper Pottsgrove parks including the new and beautiful Althouse Arboretum. A fast start across a grass field and about 1/3 mile of road are followed by everything any self-respecting trail run should throw at you: winding grass, dirt and gravel trails, three small stream crossings, crazy hills, and hopefully a little mud all packed into 5 kilometers. The first half of this course is relatively easy but don't get too comfortable: A steep downhill is just the start of a grueling and technical 2nd half with two difficult climbs and lots of quick turns. **1.3-2.4 Mile Fun Walk/Run:** The Fun Walk/Run starts at the same location but takes a slightly shorter path to Althouse Arboretum (about 1 mile). From there you have a choice of continuing on some of the beautiful trails in the Arboretum for another mile+ or stopping to enjoy the refreshments at the finish line area.

Awards given for the 5K trail run to the top 3 overall male and female finishers and to the top 3 male and female finishers in each of the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60+.

****Due to the nature of the course jogging strollers permitted for walk event only. Leashed pets permitted with walkers only****

Complete form below and mail with check to: "GreenAllies", 35 King Rd., Green Lane, Pa 18054

On line registration: Available through www.green-allies.org (PayPal only. No extra fees!); Day-of registration: \$30 (race) or \$15 (walk)

Great tune-up race for Evansburg Challenge 10 mile trail run, October 16th, 2016!

Name: _____ Event (circle one): 3.1 mile race | Fun Walk | Sex: M | F

Address: _____

Phone: _____ Email: _____

Age on Race Day: _____ Birth Date: _____ Adult shirt size (circle one): XS / S / M / L / XL / XXL

Participant Waiver (All participants must sign a hard copy prior to start of the race or fun walk/run)

I know that participating in a road and trail race or trail walk is potentially hazardous activity, which could result in injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am in good health and medically able to perform this event. I understand that I am giving up substantial legal rights by signing below, including the right to sue the organizers, sponsors and volunteers and their representatives. I acknowledge that I am signing this agreement freely and voluntarily without any inducement. I agree to abide by any decision of a race official relative to my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read these rules of the event and agree to abide by them. I assume all possible risks associated with participation in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, flooding, motor vehicle traffic, insect and animal bites and the conditions of the road or trails including steep terrain, uneven or loose surface material, exposed roots and other tripping hazards, slippery surfaces, branches of trees and/or bushes impinging on the path of the run or walk, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Spregel's Run Trail Run and Fun Walk /Run, GreenAllies, the Township of Upper Pottsgrove, PA and all their representatives, race volunteers and all sponsors and sponsor's representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the organizations or persons named in this waiver. Event organizers and/or sponsors are not liable for lost or stolen personal property. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent/Guardian (if under 18 years): I have read and understand the conditions described above and give my son/daughter permission to participate:

Signature: _____ Printed Name: _____ Date: _____

*Proceeds will benefit **GreenAllies**, an awesome non-profit organization dedicated to the development of student leaders and the promotion of environmental sustainability, and will be used to help save our ash trees at the **Althouse Arboretum** from the emerald ash borer beetle.*

Entry fee: \$25 for 5K trail race, \$15 for the fun walk/run, includes T-shirt (if received by Sept. 22nd). Late registration (after Sept. 22): \$30 for 5K, no increase for walk (limited supply of T-shirts for all late registrants).

Refunds: The organizers reserve the right to postpone or cancel the events in case of extreme weather or other unforeseen circumstances which could jeopardize health or safety. However, all entry fees are non-refundable.

Parking and the race start is at the Hillside Aquatic Club/Hoffman Field and the race ends at nearby Althouse Arboretum (a shuttle bus will run between the sites every few minutes).

See reverse for course map and directions

The emerald ash borer beetle is an invasive species first found in Michigan 14 years ago. It has been in PA for at least 9 years and Montgomery County since 2013. Beetle larvae infest tender wood just underneath the bark of native Ash trees, killing the tree within 2-5 years. It is estimated that 10's to 100's of millions of trees have already been killed across the eastern U.S. There are over 240 mature ash at the Althouse Arboretum and we want to protect as many as possible with an approved treatment until an effective biological control can be found. Each treatment lasts up to 2 years, but costs \$50-250/tree. We need your help!

Approximate course map. A combination of road (0.3 mile) and trail for a total distance of about 3.1 miles (5K). The final course is subject to change.



Run Location in Upper Pottsgrove Township:

The address for **parking** and both the race and fun walk start is **134 West Moyer Rd**, Pottstown, Pa, 19464. This is close to the corner of Gilbertsville Rd. and West Moyer Rd. (Note that Google maps may take you a little too far west on West Moyer Rd.)

From the east: 1) Take route 73 west (aka 'Big Rd.') to Gilbertsville Rd. Bare left on to Gilbertsville Rd and head south for 2 miles to Moyer Rd. Turn right onto West Moyer, entrance to parking will be on the left approximately one block down the road.

2) Take route 422 west and exit to north on route 100. Take route 100 north to State Rd. Bare right onto State Rd. and in 1/4 mile bare left onto Farmington Ave. Continue north 1/3 mile and bare right onto Gilbertsville Rd. Take Gilbertsville Rd north one mile and turn left onto West Moyer Rd., entrance to parking will be on the left approximately one block down the road.

From the south: Take route 100 north to intersection with State Rd. Bare right onto State Rd. and in 1/4 mile bare left onto Farmington Ave. Continue north 1/3 mile and bare right onto Gilbertsville Rd. Take Gilbertsville Rd north one mile and turn left onto West Moyer Rd., entrance to parking will be on the left approximately one block down the road.

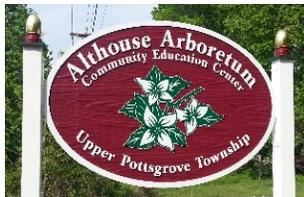
From the west:

Take route 422 east and exit to north on route 100. Take route 100 north to intersection with State Rd. Bare right onto State Rd. and in 1/4 mile bare left onto Farmington Ave. Continue north 1/3 mile and bare right onto Gilbertsville Rd. Take Gilbertsville Rd north one mile, turn left onto West Moyer Rd., entrance to parking will be on the left approx. one block down the road.

From the north:

Take route 100 south and exit on to east route 73 (turn left on to 73). Take route 73 east 1.1 miles and turn right on to Gilbertsville Rd. Head south on Gilbertsville Rd. for 2 miles to Moyer Rd. Turn right onto West Moyer, entrance to parking will be on the left approximately one block down the road.

All proceeds go to supporting the 501c3 nonprofit **GreenAllies**.



We are an organization with a mission to empower and support students to innovate and lead environmental sustainability efforts. We are working to create a national network of innovative student projects by inspiring students to dream big, set goals and create change. Our largest and most important project to-date is the Althouse Arboretum While most of the property is owned by the township, GreenAllies manages and runs the property and all activities at no cost to the Township. All activities, trail work and more are done by GreenAllies with input from local students and community members. GreenAllies is a non-profit organization solely funded by grants and donations. Its mission is to empower and support students to innovate and lead environmental sustainable efforts with a vision of a world where students lead the way to a more sustainable future. Thank you for supporting GreenAllies!