

# The McKaig Nature Education Center

Enjoyment • Education • Environment

5kFirst annual

## McKaig 5k Trail Race

Saturday, October 1st, 2016, 9am

McKaig Nature Education Center  
889 Croton Road, Wayne Pa 19087

~ Professional timing services by Pretzel City Sports ~

Benefits Student Environmental Educational programs and preservation at McKaig Nature Education Center

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers also invited to participate on the same course.

**WHEN:** Saturday, October 1st, 2016

8:00 a.m. - Registration begins

9:00 a.m. - Run begins

10:00 a.m- Walk begins (dogs allowed-well behaved & leashed please!)

10:15 a.m. - Award presentation in festival area

**WHAT:** McKaig Nature Center will be hosting its first annual 5k trail run on October 1st, 2016. The race will take off from the festival area at Roberts School and travel through packed dirt, gravel and single track trails that weave in and out of this beautiful 90-acre course. Runners will travel winding trails to the top of French's Hill and back down to Peter's bridge. Along the way you'll experience 400+ feet in elevation gain, stream crossings, meadows, bridges, and abundant scenery as you navigate this suburban oasis. A race challenging enough for serious trail runners yet achievable for those hitting the trails for the first time. There will be no PRs set here! With a fantastic course, lively festival area and great cause, this is an inaugural race that's sure to become a fall classic!

### ----- Complete The Registration Form -----

**Checks Payable To:** McKaig Nature Center -or- Fill out Credit Card Information on back  
Include \$30 early registration fee (\$25/Members, \$15/Walkers) before September 24th, 2016. Late registration fee \$35. Trail Run t-shirts guaranteed to first 100 registrations; size requests may be substituted.

**Mail To:** McKaig Nature Education Center, 889 Croton Road, Wayne, Pa 19087

Please print

Name: \_\_\_\_\_ Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Race Day Age: \_\_\_\_\_ Select: Female / Male

Select: 5k RUN/WALK or WALK Select Tee Size: Youth: Lg Adult: Sm Med Lg XL XXL

- - Please Sign Waiver on the back of this Application - -

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**WHERE:** Participants may pre-register using the application below, via EnjoyMcKaig.org or in person the day of the run. Check-in will be in the Roberts Elementary School parking area beginning at 8 a.m. at 889 Croton Road, Wayne Pa 19087. Street parking available. Award presentations will be made in the festival area behind Roberts School where there will be food, drinks, entertainments and free post-race snacks for runners, Early Packet PickUp: 6-8 pm on Thursday, September 29th at the Old Roberts Schoolhouse (on right front of Roberts School)

**HOW:** To register, complete the form below and submit a \$30 check/money order/ or credit card number (Mastercard or Visa) to McKaig Nature Education Center by September 24<sup>th</sup> (\$25 for McKaig Members/ \$15 for Walkers). Registrations after this date, including walk-ups, will be based on availability at a cost of \$35 per entrant. McKaig 5k Trail Race T-shirts are available for all racers that pre-register by the 9/24 deadline. Size requests will be honored to the best of our ability. Registration will also be available via the race page link on <http://www.enjoymckaig.org/>

**COURSE/RESULTS:** Mile markers and Mile 1 & 2, with water station at the halfway point. Finish line and timing service by Pretzel City Sports. Race results will be published within the week on McKaig's website and the Pretzel City website.

**PRIZES:** Medals will be awarded to the top 3 Overall Male and Female finishers, as well as the 3 Male and Female finishers in each of the following age groups: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years and 60+

**DIRECTIONS:** McKaig Nature Education Center is conveniently located adjacent to Roberts Elementary School, only minutes from 276, 476, 202 and 422 at 889 Croton Road, Wayne Pa 19087.

**REMEMBER:** Pin your number to your shirt FRONT leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

----- **Complete The Registration Form** -----

**Payment:** Visa or MC: Number \_\_\_\_\_ Exp. \_\_\_\_\_

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to McKaig Nature Education Center, Upper Merion Area School District, Upper Merion Township, 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; uneven or rocky terrain; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the route; 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:** \_\_\_\_\_