



**Presented by the Lancaster Road Runners Club
The Oldest Trail Race in Central PA!**

2020 marks the 32nd year of this historic event in beautiful
Lancaster County Central Park

Join us on Father's Day, Sunday, June 21st at 9:00 am, Pavillion #2

REGISTRATION:

ONLINE: runsignup.com \$32 &
by MAIL until June 15 \$32
Registration \$37 after June 15 & Race
Day Registration from 8:00 - 8:45am

AWARDS:

Awards given to overall male/female runners and
to top 3 age group as listed below:
10 (minimum age) - 19, 20-29, 30-39, 40-49, 50-59, 60-69,
70+

COURSE: The Men's course is 7 miles, the Women's is 5 miles, to preserve
the historic nature of each unique race. These challenging courses offer
several surfaces; trail, road, river crossing and grass. Water stop will be at the
mid point at the Covered Bridge. We will have a supported water crossing, so
smile, we will have photographers on site to capture the moment!

CONTACT:

WEBSITE: www.LRRCLUB.org

RACE DIRECTOR:

Stacy Snyder

ssnyder@lrrclub.org

717-951-8802

FB: Mr & Mrs Smith's Challenge

REFRESHMENTS/RACE INCLUSIONS:

Race Themed Giveaway for All Registered Runners

Drinks and post race picnic will be provided for registered finishers at the finish line.

Water Stop/Aid Station will be at the midpoint of each race.

ENTRY FORM

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Date of Birth _____ Race Day Age _____

Email _____

Male _____ Female _____

(Print legibly, we can email you the race results!)

Please return this form with check for \$32

Before June 15, payable to:

Lancaster Road Runners Club

PO Box 7172, Lancaster, PA 17604

RELEASE: In consideration of the acceptance of this entry, I the undersigned intending
to be legally bound hereby, for myself, my heirs, executors, administrators, and personal
representatives, hereby waive and release any and all rights and claims for damages, illness,
injuries, or losses which I have or which may accrue to me against all race officials and all
organizations constructing or involved in this event, included but not limited to, Lancaster
Road Runners Club, Lancaster County Central Park, West Lampeter Township, and
Lancaster Township, their respective officers, directors, employees, representatives
successors, assigns, and sponsors, that may result from my participation in this event.
Further, I hereby grant full permission to the aforementioned persons and organizations to
use my name and/or picture in any newspaper, photograph, video tape, motion picture,
recording or any other account of this event for any purpose whatsoever. I understand the
entry fee is non-refundable in the event that the race is cancelled due to dangerous
conditions or weather, and this decision is made by the race director.

Date _____ Signature _____

Race 5 Mile _____ 7 Mile _____

ONLINE: Search RUNSIGNUP SMITH'S CHALLENGE

