

Tower to Town 10-Miler



Supporting Urban Green Spaces in Our Community
Sunday October 6, 2019 at 9:30AM



Presented by the Lebanon Valley Conservancy and Community Health Council of Lebanon County

Run **solo** or as a **two-person relay** through beautiful Mt. Gretna, PA all the way to the City of Lebanon. This race is mostly on the Lebanon Valley Rail Trail with an overall elevation descent to town.

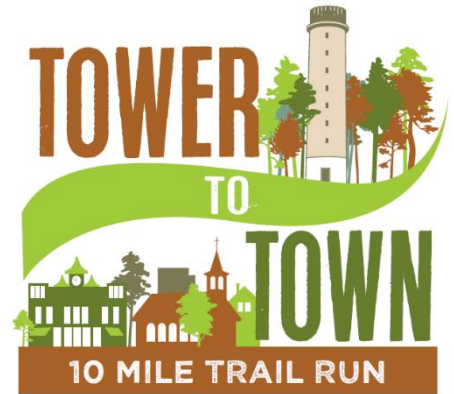
Proceeds from this race benefit the John E. Wengert Memorial Park. The park will boast health and fitness opportunities, a link to the Rail-Trail and environmental educational opportunities right in Downtown Lebanon. Proceeds also benefit the good work of the Lebanon Valley Conservancy and the Community Health Council.

COURSE: Start at Clarence Schock Memorial Park (3283 Pinch Road, Mt Gretna, PA 17064), and run up to the tower through beautiful forested trails, then back down to the Lebanon Valley Rail Trail. Continue on the LV Rail Trail for the rest of the run to the finish line at the Optimist Park (1400 Elder St, Lebanon, PA 17042). Relay racers will trade off at about the 5-mile marker in Cornwall. Race goes on rain or shine.

SHUTTLES: FREE shuttles to the start line will be provided for solo racers. Solo racers can park at the Finish Line (1400 Elder St, Lebanon, PA 17042) and take a shuttle to the start. Please visit our website closer to the race date for shuttle details.

REGISTRATION: Race Registration and number pick up will take place at Clarence Schock Memorial Park on race day from 8:00am to 9:15am.

MORE INFORMATION (over) →



TowertoTownRace.com

PLEASE PRINT CLEARLY: Email or phone contact required

_____ Date of Birth: _____ Age (on day of race): _____
(First Name) (Last Name)

Address: _____ Apt. # _____
(Street) (City) (State) (Zip Code)

Email: _____ Phone No.: _____ Gender: M or F (please circle one)

Please circle shirt size & event:

Shirt Size (circle) S M L XL XXL **Event (circle)** 10-mile solo 10-mile two person relay

Name of teammate (if racing the relay): _____

Did you sign BOTH SIDES of this sheet? Please SIGN the WAIVER on the back of this form!

AWARDS: 1st overall relay and 1st male and female solo racer will receive awards. Recognition will go to top 3 relay teams and top 3 males/females in each age group in 19 & Under, 20-29, 30-39, 40-49, 50-59, 60+. All racers will receive a commemorative tree (seedling) for participating.

Entry information for individual participants:

Solo: \$40/person postmarked by Sept. 20, 2019 – \$50/person if postmarked after Sept. 20, 2019 (including day of race)
Relays: \$30/person postmarked by Sept. 20, 2019 – \$40/person if postmarked after Sept. 20, 2019 (including day of race) ** Relays will consist of 2 people.**

(Above entries include a T-shirt if reg. by 09/20/19, after that date & including race day avail. while supply lasts)

***** ONLINE REGISTRATION AVAILABLE AT www.runreg.com/towertotown *****

(Nominal service fee applies, closes at midnight, the Wednesday before race day)

Relay Registrations **must** be mailed in the same envelope.

RACE CONTACTS:

Race Director: Nicole Maurer, nmaurer@wellspan.org, 717-270-7935

Sponsorships and Registration: Laurie Crawford, lvconserve@lebanonvalleyconservancy.org, 717-273-6400

RESTRICTIONS: We love pets, but we can't allow you to race with them this time.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com. Race will be professionally timed by "Pretzel City Sports" (PCS)

Mail application, with checks payable to **The Lebanon Valley Conservancy**
Attn: Laurie Crawford, 770 Cumberland St. Suite A, Lebanon PA 17042

**Waiver: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any or all other risk associated with running or attending the race, including but not limited to falls, contact with other participants, the affects of the weather and the condition of the trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee. Thereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Lebanon Valley Conservancy, The Community Health Council of Lebanon County, the race committee, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of my participation in this event. This waiver extends to all claims of every kind or nature what so ever, foreseen, or unforeseen, known or unknown. By entering this race I am granting permission to all parties affiliated with the race to use any pictures or likeness of me secured at the event in any way they see fit without review, restriction or compensation.

Participation in any Governor Dick Environmental Center (GDEC) or Clarence Schock Memorial Park (CSMP) activity and use of any facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities conducted by the GDEC or CSMP, I/we, as an individual or as a parent or guardian of the participants named herein, assume all risks and hazards incidental to the activities. I release from responsibility and agree to indemnify and hold harmless the GDEC or CSMP, its officers, directors, independent contractors, volunteers, and all employees for any illness or injury to me or my children or family members occurring during his/her/our participation in any activity or use of any facility at or conducted by the GDEC or CSMP.

Photographs may occasionally be used in promoting programs, activities, and volunteer opportunities for the park. Names and personal information will not be used/attached with the photo. End waiver ***

I HAVE READ AND UNDERSTAND THIS WAIVER: (IF UNDER 18, LEGAL GUARDIAN MUST SIGN)

Signature: _____

Date: _____

Did you sign BOTH SIDES of this sheet?