

Southern Lancaster County

Enola Low Grade Trail Trot 5K/10K

And Kids Fun Run, Quarryville, PA



Saturday, April 27, 2019

9:30AM 5K/10K / 10:45 Fun Run

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

HOW: Complete the form below and submit appropriate amount. Check/Money order payable to Providence Township

WHAT: The Enola Low Grade Trail Trot 5K/10K is a fund raiser for the Providence Township section of the Enola Low Grade Trail maintenance and National Night Out event.

5K/10K Entry Fee: \$25 if registered by (postmarked by) April 12th to receive an Enola Low Grade Trail Trot 5K/10K Cotton shirt. After April 12th and including Race Day, \$30 shirts available while supplies last. Size requests will be honored to the best of our ability but size may be substituted.

WHERE: Race starts and finishes at Groff trailhead parking lot and heads west on the Providence Township section of the Enola Low Grade Trail.

Kids Fun Run Fee: Event is free for kids 12 & under. Course will start and finish at same location as 5K/10K race. Finisher Ribbons to all participants, T-shirts are not included for this event.

WHEN: Saturday, April 27th, 2019

8:00 a.m. – Registration begins

9:30 a.m. – 5K/10K Run begins

10:45 a.m. – Fun Run for Ages 12 & Under

11:00 a.m. – Award presentation at finish line

Optional Online Registration Available at
<https://www.pretzelcitysports.com/online-registration/>
 (Nominal service fee applies, closes midnight, April 24th)

DIRECTIONS:

• Groff trailhead parking lot is located at 301 E. State St., Quarryville, PA, Route 222 South, Turn Left onto 372 East at the light, 301 E. State St. is on the Right

5K/10K AWARDS: Trophies will be presented to Overall Male and Female Champions for 5K and 10K. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60+ years.

QUESTIONS: Call Heidi, 717-786-7596 ext.1 or email secretary@providencetownship.com

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Enola Low Grade Trail Trot 5K/10K Run/Walk complete this portion. Detach and mail. Include \$25 early registration fee by April 12th. After April 12th and including Race Day, \$30. **Kids Fun Run:** Children 12 & Under Free (Reg. form must be filled out to participate). **Please make checks payable to Providence Township and mail to: Providence Township, 200 Mt. Airy Rd., New Providence, PA 17560.**

Name: _____ Address: _____

City _____ *Please print* State _____ Zip _____ Age *(on Race Day)* _____

Gender: Male Female Event (circle one): 5KRun/Walk 10KRun Kids Fun Run

Phone: _____ E-mail address: _____

T-shirt size *(circle one)*
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Providence Township and those in their employ, 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; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road and trail; 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 X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)