



# Thanks A Lot Trot 5k Run/Walk and 1mile fun run

Hosted by the Girl Scouts of Eastern Pennsylvania

**Saturday, November 23<sup>rd</sup> 10 am**

**LOCATION:** Camp Laughing Waters, 300 Hildebeidel Rd, Gilbertsville, PA 19525  
Registration./ number pickup opens a 8:30 a.m. 5k starts at 10am  
1 Mile Fun Run starts 10am 1 Mile Fun Run is for all ages.

**COURSE:** cross country course, up and downhill course on mostly shaded gravel access roads & around the camp. GREAT place to PR! .  
Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

**AWARDS:** 5K Girl Scout Awards: given to for top female finishers in Girl Scout levels  
(Daisy (5-6), Brownie (7-8), Junior(8-10), Cadette (11-14), Senior (15-16), Ambassador (17-18))

5k Awards: Overall male and female winners

Finisher Awards in the following Age Groups 14 & under: 3M, 15-18: 3M  
19-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F & 70+

**ENTRY:** 5k & 1 Mile Fun Run: \$30

## Online Registration Only

<https://www.eventbrite.com/e/gsep-trefoil-fitness-challenge-thanks-a-lot-trot-2019-tickets-67754247779>

(Pre-registration closes November 16<sup>th</sup>)

**Day of Race Registration WILL BE AVAILABLE**

**Amenities:** Indoor bathroom facilities, refreshments, including make your own S'more and Girl Scout Cookies, event patches, and t-shirts (must register by November 9<sup>th</sup>)

Questions or Concerns: Contact: Hana Haseman at 267-332-4894 or [HHaseman@gsep.org](mailto:HHaseman@gsep.org)

**Find more Information on the Thanks-A-Lot Trot and other events**

<http://www.gsep.org/en/events/trefoil-challenge.html>