

THE FRIENDS OF GREEN LANE PARK PRESENTS:

The Triple Dam Trail Run

Sat., February 16, 2019 - 9 AM – Green Lane, PA

LOCATION/REGISTRATION: Starts at Green Lane Park, 2144 Snyder Road, Green Lane, PA 18054; Registration/number pickup at the Deep Creek Stone Pavilion starting at 7:30 AM.

COURSE: The 10k course is a semi-out and back (we only run on the hemlock trail on the way out), with a 1.3 mile “lollipop” loop about 2.6 miles from the start. The course will lead you along a dam across the Perkiomen Creek, run over the dam of Deep Creek and pass by the larger dam on Green Lane reservoir. The beginning and end of the course includes some paved road, black-top path, and approximately 4 miles of trail running, some along the Green Lane Reservoir. There is a total 1100’ of elevation change over the race. Most of the gain/loss is up and down one not-so-small hill.

AMENITIES: Long Sleeve T-shirts to the first 100 registered runners. Refreshments for finishers in the lodge at Deep Creek. Pretzel City will manage the time clock at the finish and will provide instant results. The race will be held rain, sleet or snow. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the first male & female finishers, then awards will go 3 deep (Male and Female) with the following age groups: 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 and over.

ENTRY: \$35 if registered by 01FEB19, \$40 after that date including race day registration. The race will be limited to 300 entrants. All proceeds will benefit the non-profit organization “The Friends of Green Lane Park.”

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>

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

GENERAL DIRECTIONS FOR ALL: Snyder Road is located off of Deep Creek Road in Green Lane Park, Green Lane, PA 18054. Deep Creek Road can be accessible from Route 29. See the Facebook page for “Triple Dam Trail Run” or “The Friends of Green Lane Park” for more information.

MAIL CHECK PAYABLE TO “Friends of Green Lane Park.” Complete and send FORM BELOW TO:

Triple Dam Trail Run, C/O Green Lane Park, 2144 Snyder Road, Green Lane, PA 18054.

RACE DIRECTOR: David C. DeLong, email foglp10k@gmail.com

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____ / ____ / ____

Sex: M F Phone: (____) _____ A.M. or P.M.?

Shirt Size (circle one): XS S M L XL
email _____@_____

Already Getting Emails from Pretzel City Sports Regularly? _____ Yes _____ No

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 know that there may be traffic on the course and assume the risk of running in traffic. I also assume any or all other risks 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 course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby 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, Friends of Green Lane Park, the County Montgomery and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for 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(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I also understand that my picture may be posted on the Triple Dam Trail Run Facebook page. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____ / ____ / 20__