

MARCH 21, 2020

at Gravel Hill UMC – 9:00 am Start

Beneficiary: Caring Cupboard

Drawings for participants who donate food items!

The Spring Trail Run is scheduled for Saturday, March 21, 2020. Festivities begin at 8:30 am with the race start time slated for 9:00 am. Walkers, runners and those who like to get muddy, will converge on Gravel Hill UMC to compete in our new trail run. This is the second in our Four Seasons Race Series. Our beneficiary will continue to be the Caring Cupboard. The Caring Cupboard, located on Railroad Street in Palmyra, is a local food bank currently serving over 130 families or close to 1,700 individuals per month with basic food supplies along with perishable and non-perishable goods. A food collection area will be available on site the morning of the race for those participants wishing to donate food and/or non-perishables.

Since its inception in 2011 and through the generosity of local business sponsors and race day registrations, Gravel Hill UMC has donated over \$30,000 to the Caring Cupboard. Additionally, through participant donations, over 1,200 pounds of food have been donated to the ministry. Thank you for supporting this local mission.

Participants and their families will be treated to pre- and post-race food, coffee and cocoa from 3J's, home-made pot pie, and prizes!

CURRENT SPONSORS

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Gravel Hill
SPRING RUN
5K TRAIL RUN

March 21, 2020



GRAVELHILL5K.COM

EVENT DETAILS

Event Date: March 21, 2020 (rain, snow or shine)

Beneficiary: **Caring Cupboard**
131 N. Railroad St. Palmyra, PA 17078
www.caringcupboard.org

Start/Finish: Gravel Hill UMC
Location: 131 Gravel Hill Road, Palmyra, PA 17078
On site parking for participants/spectators

Race Time: **5K Run** - 9:00am start

Packet Pick-up: **Pre-Race Day** (Gravel Hill UMC Lobby)
Friday, March 20, 8:00am - 6:00pm
131 Gravel Hill Road, Palmyra, PA 17078

Race Day Pick-up & Registration

Desk opens at 7:30am
Located in Gravel Hill UMC Pavilion
131 Gravel Hill Road, Palmyra, PA 17078

5K Age Groups: 14 and Under..... 15-19
20-29 30-39
40-49 50-59
60 and Over

(Each age bracket is broken into male and female categories)

Awards: Overall male and female winners and the top three male and female winners from each category will receive a prize.

Results: Results will be posted at race site and on the event web page at gravelhillumc.org Monday following the event.

Additional Information: Contact: Tony Rose,
717-838-4721 x122
Information and map available online at gravelhillumc.org

PARTICIPANT REG.

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email: _____

Phone: _____

Emergency Phone: _____

Age (as of 3/21/20): _____

Age (as of 10/31/20): _____

Gender: Male Female

Short Sleeve Soft Style Shirt — Select Size:

YS YM S M L XL 2XL
Child Child

Pre-registration participants are guaranteed to receive a short-sleeve Soft-Style Race Shirt if information is received by or on March 12, 2020. Entries received after March 12, 2020 and Race Day Registrants will receive a shirt on a first come, first serve basis. Size and receipt of a shirt is not guaranteed.

5K Spring Trail Run: \$20 Pre-Reg / \$25 On-Site

Payments may be mailed to the address listed below.

Sponsors - Free Entry

5K Spring Trail Run & Fall Feeding Frenzy 5K (10/31/2020) \$35 Joint Registration
(\$5 SAVINGS BY REGISTERING FOR BOTH)

If registering for both races what is your shirt preference for the 10/31/2020 race:

Long Sleeve Dri-Fit or **Long-Sleeve Cotton**

Checks shall be made payable to: Gravel Hill UMC - Trail Run

Mail registration form along with payment to:

Gravel Hill UMC - Spring Trail Run
131 Gravel Hill Road, Palmyra, PA 17078

Register online

http://www.pretzelcitysports.com/online_registrations.html
(closes midnight March 18, 2020)

LIABILITY WAIVER

WAIVER MUST BE SIGNED TO PARTICIPATE IN GRAVEL HILL'S SPRING TRAIL RUN.

WARNING: YOU RACE AT YOUR OWN RISK and are SOLELY responsible for yourself and your personal welfare at all times. We'll survey the course, clearing or marking obvious hazards, however, you understand that any tripping, falling, gashing, spraining, herniating, vomiting, scratching, and all other inflictions are not the fault of the race organizers. If you are injured during the trail run, please limp, crawl, or hop to the nearest aide station (placed approximately every ¼ mile). We DO NOT look for lost runners so keep that in mind when you think about entering someone fairly young, ESPECIALLY if you do not plan to run with them. Others discouraged from entering are those who drag their feet when they run because you WILL trip, anyone who gets lost going from the living room to the bathroom, anyone who digs running in bare feet, anyone who doesn't like to be muddy, cold, or wet, and anyone with a heart issue. If you haven't figured it out yet, this is a TRAIL RUN in a country setting. Paths are not macadam or covered in mulch. It will be muddy, wet, sloppy, hilly, dirty, cold, and unpleasant for those who like to run on the road. We suggest that only those that are 15+ should enter, yet we will allow younger ones if you think they can hack it. Any child under 14 MUST have an adult run with him/her.

I for myself, and/or the child recognize that running a Trail Run is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. 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 cold, snow, and/or ice, high heat and/or humidity, and the conditions of the trail, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge the Gravel Hill United Methodist Church (a nonprofit non-governmental religious organization), the organizers, hosts and sponsors of the Spring Trail Run, their directors, officers, staff, and volunteers, the town of Palmyra, North Londonderry Township and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. I realize that my general information may be provided to sponsors of the Spring Trail Run for general use purposes. For runners safety, I understand that bicycles, strollers, scooters, and roller blades are prohibited.

I ALSO UNDERSTAND AND ACCEPT THAT THERE ARE NO REFUNDS FOR THIS EVENT.

Signature of Participant:

(Parent/Guardian must sign if entrant is under 18 years of age)

Retain this section for your records