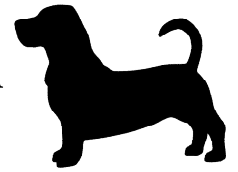




**The First Annual
Training Grounds 4 mile Trail Run
and Kids 1/2 Mile Fun Run**



Presented by the
Northern Lancaster County Game & Fish Association

Saturday June 6, 2020 @ 9am

Location/Registration: Race starts and finishes at 200 Forest Rd. Denver, PA 17517. Parking is in grassy areas. Registration/Bib pickup opens at 8am with the 4 mile race beginning at 9am. Cash or Check only for race day registrations

Course: The course is GPS measured 4 miles and will take you through well groomed dog training trails as well as up long climbs with some fast descents to follow

Amenities: Pre-registered participants will receive a unisex soft cotton shirt, 1 water station on course, bathroom facilities, a hose to wash off with, and post race BBQ chicken (to purchase)

Awards: Awards will be given to the top male & female overall. Plus age groups will go three deep M/F as follows; 19&Under, 20-29, 30-39, 40-49, 50-59, 60+

Kids Fun Run: There will be a post race 1/2 mile kids fun run for ages 10 & under. 5\$ up until and including race day, shirts not included. Finisher awards & goodie bags (while supplies last) to all fun run finishers.

Entry: 35\$ with shirt if postmarked by May 22nd. 30\$ without shirt, up to and including race day. Optional online registration @ www.pretzelcitysports.com (small service fee applies, online registration closes at midnight the Wednesday before race day)

Questions? Contact Dixie Bonner by phone/text at 717-271-6164 or email dixieeckert@yahoo.com
Website: www.northlancastergameandfish.com

Make Checks payable to: Northern Lancaster County Game & Fish Association
Mail check & form below to: James Zimmerman 65 Rock Rd. Ephrata, PA 17522

..... Please Print Clearly

Last Name _____ First Name _____

Address _____ Phone _____

Age on Race Day _____ Date of Birth ____/____/____ Sex: M / F Shirt Size: S M L XL NONE

Event: (Circle One) 4 Mile Kids Fun Run Email _____

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I 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 weather and trail conditions, 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, Northern Lancaster County Game and Fish Association 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 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 of nature what so ever, unforeseen or foreseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER. (if under 18, legal guardian must sign)

Signature _____ date ____/____/20____