



# SASQUATCH

## PRESERVATION TRAIL RUN

**SATURDAY  
SEPT. 11  
5K & 10K  
TRAIL RACE**

9:00 AM Race Start • Registration begins at 7:30 AM  
6259 Reynolds Mill Rd, Seven Valleys, PA • [farmtrust.org](http://farmtrust.org)

PRESENTED BY



### ABOUT THE SASQUATCH 5 & 10 K

We're back! The **10<sup>th</sup> Sasquatch Preservation Trail Run 5K & 10K** takes runners across the FNLT preserved South Branch Farms. The **Sasquatch** is chip timed by **Pretzel City Sports**, with the 10K starting at 9am and the 5K shortly after – this way all runners finish at the same finish line, around the same time – a great way to celebrate.

One of **Runner's World** magazine's **America's Top Trail Races**, The **Sasquatch** is all off-road, cross-country and trail runs across varied terrain and elevation on FNLT preserved farmland, woods, meadows and streams. Peep native birds, deer, turkeys, owls, foxes, coyotes, snakes and.... sasquatches! The 10K has some steep climbs including over the historic **Howard Tunnel / Rail Trail**. Both runs cross the Codorus Creek near the finish. As our host and course designer Rob Kinsley states, **"If you're not wet and dirty, you're disqualified!"**

After the race enjoy a light lunch from **White Rose Bar & Grill**, fruits from **Flinchbaugh's Orchard & Farm Market**, beer sampling from **Brewery Products** (21+ with ID), music and celebration with your fellow runners. For the young and young at heart (NEW this year) **Kinetic Kreations Human Powered Frozen Beverage Machine!**

**BRISK PACE ONLY** - this is not a walk or hike event. FNLT is exploring some hiking events in the future but due to time restraints this event is meant to be quick paced.

### LOVE WOODS, WATER & COUNTRYSIDE?

The **Sasquatch Preservation Trail Run 5K & 10K** benefits **Farm & Natural Lands Trust of York County**, dedicated to preservation of prime agricultural and sensitive environmental landscapes. FNLT has 150+ properties with over 13,000 acres permanently preserved. Learn more at [farmtrust.org](http://farmtrust.org).

### REGISTRATION INFO

Register online via [farmtrust.org](http://farmtrust.org) (added processing fee applies), or send a check with this form to FNLT. Tech-shirts are an additional \$5.00 per person. Pricing is \$30.00 through the end of August and \$35.00 in September. Once we get to September – no shirts – so register early! Early packet pick up is at **Flying Feet Sport Shoes** on **Friday, September 10** from 10am to 8pm (1511 Mount Rose Avenue in York, PA.) Tell them thanks, they do great things for runners in our community. Race day registration starts at 7:30am.

This is a **PRIVATE** property, so please - no trespassing before or after the race. Since this is an active farm, please **NO ANIMALS**. Due to the terrain, **NO STROLLERS** on the course. Please carpool if possible.





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### AWARDS + PRIZES

Each year finishers earn new collectible **Sasquatch Preservation Trail Run** patches in place of trophies! Prizes awarded for both the 5K and 10K – Top Three Male & Female, Top Three Male & Female Age Groups (14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over). We also add random prizes and giveaways – in the past folks left with baked pies, local fruits and sweet corn... you never know!

### QUESTIONS, COMMENTS, CONCERNS?

Please contact Sean Kenny, Executive Director of FNLTY of York County at [skenny@farmtrust.org](mailto:skenny@farmtrust.org).

### SHIRT SIZING

Chest	XS	S	M	L	XL	XXL
	32-34	35-37	38-40	41-43	44-46	47-49

(double sizing for chest size)

\*Kids sizing available by special request

### SPONSORS



Veterans  
Sponsor



design by  
**HONEYBEE studios**

### ENTRY FORM

\*Make checks payable to **Farm & Natural Lands Trust** and mail to 350 North George Street, York, PA 17401

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

☐ 5k Trail Run:

☐ 10k Trail Run:

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Sex: M / F

Age on Race Day: \_\_\_\_\_

(Optional) I have enclosed a donation to  
Farm & Natural Lands Trust of York County  
in addition to my entry fee in the amount of: \$: \_\_\_\_\_

**Tech Shirt Optional - without/with**

**Shirt Size**

Pre Race by 8/31/21	\$30/\$35	XS S M L XL XXL
9/1/21 to Race Day	\$35	(NO shirt option)

**Signature:** \_\_\_\_\_

**Co-Signature:** \_\_\_\_\_

(Parent/Guardian must co-sign if entrant is under age 18)

I know that running the Sasquatch Preservation Run is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions on the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, the property owners, its sponsors, directors, and volunteers, and all their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.