



The Third Annual  
**Training Grounds Trail Run**  
 10K Run & 5K Walk



Presented by the Northern Lancaster County Game & Fish Association

Saturday February 18, 2023 @ 9:30am

**Location/Registration:** Race starts and finishes at 180 Forest Rd. Denver, PA 17517. Parking is in grassy areas. Registration/Bib pickup opens at 8:00am with the race beginning promptly at 9:30am. Cash or Check only for race day registrations. Race will take place rain, shine, or snow - as long as roads are driveable.

**Course:** GPS measured 5K loop will take you through well groomed grass dog training trails as well as up long climbs with some fast descents to follow. The 10K timed race will run the loop two times. The untimed, non-competitive, 5K will complete the loop once.

**Amenities:** Pre-registered participants will receive a unisex long sleeve shirt, 2 water stations on course that you can utilize multiple times, bathroom facilities, and wash hose.

**10K Awards:** Cash awards and medals will be given to the top male & female overall. Age group medals will go three deep M/F as follows; 19&Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**10K Run Entry:** 40\$ with shirt if postmarked by Feb. 1<sup>st</sup>. 30\$ after that date, up to and including race day; no shirt.

**5K Walk Entry:** 25\$ with shirt if postmarked by Feb. 1<sup>st</sup>. 15\$ after that date up to and including race day; no shirt.

**Kids Fun Run:** Post race 1/2 mile kids fun run for ages 12 & under. 5\$ up until and including race day, shirts not included. Finisher medals & goodie bags (while supplies last) to all fun run finishers. (Race Start approx. 11am)

*Optional online registration at [www.pretzelcitysports.com](http://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](mailto:dixieeckert@yahoo.com)

**Website:** [www.northlancastergameandfish.com](http://www.northlancastergameandfish.com)

**Find us on Facebook @ Training Grounds Trail Run**

**Make Checks payable to:** Northern Lancaster County Game & Fish Association

**Mail check & form below to:** Northern Lancaster County Game & Fish Association 180 Forest Rd. Denver, PA 17517

..... 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

Event: (Circle One) 10K 5K 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\_\_\_\_