



**TYLER ARBORETUM  
10K TRAIL RUN  
Saturday, April 1<sup>st</sup>, 2023  
Rain, Snow or Shine!**



**JOIN US FOR THE 30<sup>TH</sup> ANNUAL RUNNING!**

Tyler Arboretum 515 Painter Rd. Media, PA 19063-4424

**9:00 AM** Start. Registration and race packet pick up open at **8:00 AM**

Presented by Delaware County Road Runners Club.

**A USATF Mid-Atlantic Off-Road GP Event.**

Race Website: [www.TylerTrailRun.com](http://www.TylerTrailRun.com)

**Registration fees \$42.00 before March 19, 2023; \$45.00 after.**

**RAIN OR SHINE. NO REFUNDS, TRANSFERS or EXCHANGES**

**Mail entry form and checks payable to Delco RRC to: Delco RRC c/o John Greenstine, 254 Clover Circle, Media, PA 19063 or register online at race website [TylerTrailRun.com](http://TylerTrailRun.com)**

**Amenities:** Gift for runners registered before March 19<sup>th</sup>, 2023. Refreshments after the run for runners and guests.

**Awards:** Top overall male and female runners, first three male and female runners in age groups Under 18, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. Plus, top Delco RRC Man and Woman. No duplicate awards.

The course is wheel-measured at 6.2 miles. Narrow and wide hiking trails with rolling and climbing hills, four shallow creek crossings, some rocks, some grass. One water station you will enjoy twice on your run.

Trail will be marked with direction signs, bio-chalk arrows on the ground, and ribbons on trees and posts. Course volunteers where needed.

For more information call: Race Director John Greenstine (610 891-0806, or e-mail: [TylerTrailRun@yahoo.com](mailto:TylerTrailRun@yahoo.com) or [Info@Delcorrc.com](mailto:Info@Delcorrc.com). Results will be posted at [TylerTrailRun.com](http://TylerTrailRun.com) and [Delcorrc.com](http://Delcorrc.com)

**Attention: Dogs are not permitted on the Arboretum property**

**REGISTRATION FORM**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age Day of Race \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone number \_\_\_\_\_

Your sock size, circle one: **(size 6-10) (size 10-13)** (note: the race gift may not be socks. Probably something pretty neat!)

**See rules concerning runners under age of 18 below!**

WAIVER: I understand that running races are potentially hazardous activities. I agree to abide by any decision of race official about my ability to safely complete the run. I assume all risks with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on course, all such risks being known and appreciated by me. If I am under the age of 18, my parents or guardians assume all risks with running this race, including, but not limited to, falls, contact with other participants, the effects of the weather, conditions of the trail or road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of accepting this entry, I the undersigned, intending to be legally bound, here by, for myself, my heirs, executors and administrator waive and release any and all rights and claims for losses and damages I may have against Tyler Arboretum and Delco RRC and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I am medically able and properly trained. I also give permission for the free use of my name and photograph in any broadcast, web usage or other accounts or promotion of the event or Delco RRC. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

WAIVER MUST BE SIGNED

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Register online or mail entry and check to Delco RRC, c/o John Greenstine, 254 Clover Circle, Media, PA 19063**

**SPONSORSHIP OPPORTUNITIES ARE AVAILABLE**