

The Friends of Green Lane Park Presents the 6<sup>th</sup> Annual

# Green Lane Park - Triple Dam Trail Run

Saturday, February 18, 2023 9:00 A.M

**LOCATION / REGISTRATION:** Race “START” at Green Lane Park, 2144 Snyder Road Green Lane, PA. Registration and Race Number Pick-Up at Log Lodge Pavilion (“start” location) beginning at 7:30 AM.

**COURSE:** 10K trail run. The course is an ‘out & back’ with a +2 mile ‘lollipop’ loop. The trail includes some black top paths, packed gravel, and over 5 miles of trail running. Most trails navigate through the woods and meadowlands of Green Lane Park, some are along the shoreline to Green Lane reservoir. The terrain and surroundings are diverse with elevation changes of +/- 1100 ft. Most of the elevation gain/loss is going up & down one not-so-small DAM hill. There are terrific views of the reservoir, at high elevation and from the shoreline – might even catch a sighting of one of the local bald eagles.

**AMENITIES:** Free Long Sleeve T-shirts to first 150 registered runners. Refreshments (warm and cold)! Indoor toilet facilities and plenty of parking, time clock at finish and instant results. Results also posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days. Rain or shine. No refunds or mailed awards.

**AWARDS:** 10K: Awards for the first male and female winners. Separate awards for: 18 years & under, 2M/2F; 19 -29 years, 2M / 2F; 30 – 39 years, 2M / 2F; 40 -49 years, 2M / 2F; 50 -59 years, 2M / 2F; 60+, 2M / 2F.

**ENTRY:** \$35 if postmarked by January 31, 2023. Afterwards, incl. race day, \$40. The race is limited to 300 entrants. All proceeds will benefit the non-profit organization, “The Friends of Green Lane Park”.

Optional Online Registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(Nominal processing fee applies, closes at midnight, the Wed. of race week)

**GENERAL DIRECTIONS FOR ALL:** Snyder Road is located off of Deep Creek Road in Green Lane Park. Deep Creek Road can be accessed from Route 663 or Route 29. [www.montcopa.org/DocumentCenter/View/2398](http://www.montcopa.org/DocumentCenter/View/2398)

**RACE DIRECTOR:** Randall Thoren. **For additional race information, email me at [friendsofgrp@gmail.com](mailto:friendsofgrp@gmail.com)**

**MAKE CHECK PAYABLE TO:** “The Friends of Green Lane Park”

**Complete FORM BELOW and send to:** Triple Dam Trail Run, C/O Green Lane Park 2144 Snyder Road Green Lane, PA 18054

## REGISTRATION FORM - Print Clearly:

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Event: 10K Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also 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 the weather and the condition of the roads, 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, The Friends of Green Lane Park; Green Lane Park, Parks, Trails and Historic Sites, Montgomery County, PA 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 for 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(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/ 20\_\_