

Triple Dam 10K Trail Run

Benefiting Issac Smith Park
Saturday, September 20, 2025, at 8 a. m.

GREEN LANE, PA

LOCATION: Start at 101 Walnut Street, Green Lane, PA 18054.

COURSE: The 10k course is an out and back with a 1.3 mile “lollipop” loop about 2.6 miles from the start. The course will lead you along a dam across the Perkiomen Creek, run over the dam of Deep Creek and pass by the larger dam of the Perkiomen Creek along “THE HILL.” The beginning and end of the course includes some paved road, black-top path, and approximately 4 miles of trail running, some along the scenic waters of Green Lane Park. There is a total 1,100 feet of elevation change over the race. Most of the gain/loss is up and down one not-so-small hill.

AWARDS for 10K: Separate awards for the male and female overall winners plus 1st, 2nd and 3rd in each age group both male and female 12-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. Age groups with no pre-registrations at the cutoff date of will not have an award.

ENTRY for 10K: \$40 if postmarked by Monday, September 8, 2025. Afterwards, plus race day, \$45 (shirts while they last)

Optional online registration available at: Active.com
(No hidden fees. Closes Sunday, September 14, at midnight.)

MAKE CHECKS PAYABLE TO: Isaac Smith Park.

MAIL CHECKS & FORM BELOW TO: Issac Smith Park, PO Box 514, Green Lane, PA 18054.

Race Director: Kevin Murray, kevin@stateofmindllc.net.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ Date of Birth ____/____/____ Event: 10K Trail Run

Shirt Size (circle one): S M L XL XXL Phone: (____) _____ Email: _____

WAIVER / HOLD HARMLESS CONTRACTUAL AGREEMENT: By signing this Contractual Agreement, I acknowledge the fact that participating in the Triple Dam 10K Trail Run is a potentially hazardous activity and that I am competing with full knowledge of all potential risks and injuries. I will not enter and race unless I am medically able and properly conditioned and trained for the level of competition that I aspire to. I also know that although some safety protection via course officials will be provided, there can be many hazards on the course route. I also assume any and all other risks associated with this event including but not limited to falls, contact with other participants, the affects of weather, including high heat or humidity, the condition of the trail and all risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone who might claim on my behalf, covenant not to sue, and waive, release and discharge Green Lane Borough, its officer and employees, Officials of the event and any other sponsors or associated organizations including their Emergency Radio Systems; Race Officials, Volunteers, or any of the employees, agents, assignees, or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in any way related to, my participation in this event known as the Triple Dam 10K Trail Run. All costs incurred for medical assistance, be it ambulance, hospital, etc., is my sole responsibility and my financial liability. The release and waiver included in this Contractual Agreement extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permissions to the race organizers, sponsors, producers and directors and or agents authorized by them to use any photographs, videotapes, motion pictures, sound recordings, or any other record of this event for any purpose, be it promotional for remuneration to the aforementioned parties, without financial or other compensation or royalties to the event participant named herein. I also acknowledge that I am signing this Contractual Agreement and am competing for consideration of medals, awards and or prizes as named of the event.

Applicants understanding and agreeing to this Waiver / Hold Harmless Contractual Agreement as specified herein and the rules of the event and decisions of race officials should sign the entry form on the space provided below.

I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 2025