



The 6th Annual Training Grounds Trail Run

10K Run & 5K Walk



Presented by the Northern Lancaster County Game & Fish Association

Saturday March 14, 2026 @ 9:00am

Location/Registration: Race starts and finishes at 180 Forest Rd. Denver, PA 17517. Parking is in stone or grass areas. Registration/Bib pickup opens at 7:45am with the race beginning promptly at 9:00am. Cash or Check only for all race day registrations.

Race will take place rain, shine, or snow - as long as roads are drivable.

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

Amenities: One water station on course that you can utilize multiple times, indoor bathroom facilities, wash hose, post-race food by donation, free post race raffles & unisex long sleeve race shirt for pre-registered participants.

10K Awards: Cash and awards will be given to the top M/F 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: 45\$ w/ shirt if postmarked by Feb. 10th. 30\$ after that date, up to and including race day; no shirt.

5K Walk Entry: 30\$ w/ shirt if postmarked by Feb. 10th. 15\$ after that date up to and including race day; no shirt.

A limited number of extra shirts will be available for purchase on race day for 15\$.

Optional online registration at www.pretzelcitysports.com

(small service fee applies, online registration closes at midnight the Wednesday before race day)

Questions? Contact race director Dixie Bonner by phone/text at 717-271-6164 or email dixieeckert@yahoo.com

Website: www.northernlancastergameandfish.com

Find us on Facebook @ Training Grounds Trail Run

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

Mail check & form below to: Dixie Bonner/T.G.T.R. 155 N Reamstown Rd. Stevens, PA 17578

..... 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 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 effects 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 whatsoever, unforeseen or foreseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER. (if under 18, legal guardian must sign)

Signature _____ date ____/____/20 ____