

19th Annual
CONESTOGA TRAIL RUN

10 miles --- Sunday, September 25, 2011 --- 10: AM

PLEASE READ THE ENTIRE APPLICATION CAREFULLY

This race is being run on some of the most brutal, rocky, and challenging trails to be found in Eastern Pennsylvania. The course is very hilly and has numerous small stream crossings. Although this event should be considered somewhat dangerous and only for **experienced trail runners**, it is probably one of the most scenic races that you will encounter. Beautiful hilltop views of the Susquehanna River, clear feeder streams, huge rock formations, and an abundance of Mountain Laurel and Rhododendrons will greet the first **200** accepted entries. You must be 18 years old or older to enter.

DRY-WICKING, technical – long sleeve , multi-color T-Shirts.

WHERE: The race starts at the Pequea Creek campgrounds in Pequea and ends at Pavilion #2, Holtwood Recreation Area, in Holtwood, Pa. (in Southern Lancaster County). The course follows the *Conestoga Trail* (orange blazes mark the trail) and is "point to point". You are responsible for getting yourself to the finish line.

WHEN: The race begins promptly at 10:AM on Sunday, September 25, 2011 in Pequea. Registration and race packet pickup will begin at 7:AM at Pavilion #2, Holtwood Recreation Area, in Holtwood. Registration ENDS at 9:15AM and the busses will leave for the start area by 9:30. We reserve the right to reject any entry.

ENTRY FEE: \$40.00 for pre-registration (until Sept. 15th). **This fee includes \$4.00 for bus transportation to the start.** If you have someone to take you to the start area and do not need to ride the bus, you may deduct \$4.00 from your entry fee. Mail \$36.00 for entry with no bus. After September 15th and on race day the fee will be \$50.00 providing that the **200 runner limit** wasn't reached. No guarantee of shirt sizes for late entries!

BUS TO THE START: All runners should park at the finish area and ride our busses to the start unless you have your own support crew. We will **not** be able to provide transportation back to the start area after the race.

AWARDS: All starters will receive a "Conestoga Trail Run" ***dry-wicking, long sleeve T-shirt***. Awards will be given according to the number of entries received. A 5x7 photo of you *on the trail* will be mailed (providing your picture doesn't break the camera) along with a complete results listing. Results will also be posted online.
\$100.00 cash to the first official runner finishing in less than 90 minutes. It hasn't been done so far!

STRAGGLERS: If you are having an "off day" or the trail has gotten the best of you, the trail crews at the water stops will assist you back to the finish area when they leave (after the last runner passes). Any runner who has not reached the 7 mile water stop in 2 1/2 hours (150 min.) will be asked to withdraw from the race.

FACILITIES: There are limited rest rooms at the start and at the 7 mile mark (Pinnacle Overlook). There are also lots of trees and bushes on the course (DO NOT USE TREES OR BUSHES IN THE CAMPGROUNDS START AREA). Showers are not available.

POST RACE PICNIC: We will provide sandwiches (Subs and ham subs), chips, pretzels, sodas, iced tea, non-alcoholic beer and other goodies in pavilion #2 after the race. Please plan to stay and enjoy the party. Alcoholic beverages are not permitted at the race site.

ALSO: Please allow enough time to get to the race site. The start and finish areas are "out in the boonies".

Acceptance letters will be sent out to all who register by September 15th and helpful maps will be mailed.

If you still need more info, call Bill Smith (717) 394-7812 or e-mail (preferred) billsmithruns@comcast.net.

Race Sponsored by: The Lancaster Road Runners Club

Race Director: Bill Smith

WARNING: This is **NOT** your standard 10 mile race. The footing is uneven at best, and can be dangerous. A fall is probable. An injury is possible. Insect bites, sprained ankles, lacerations, broken bones are some of the possible hazards. There will not be medical teams immediately on hand and our insurance will not cover your medical bills. You are responsible for your own self. Do not enter unless you are willing to risk and assume responsibility for any injuries that you may incur. We will provide water and replacement fluids at the start and finish. We will also have water at 2, 4, and 7 miles. Bring your own water bottle, power bars, insect repellent or whatever to be sure that you have what you need. We encountered many BEES in '93, '95 & '99, and a few in other years. If you are allergic to bee stings, run with your own medication.

OPTIONS: Shirt options with your entry:

- Entry fee - \$40.00 - Includes Bus and ***dry-wicking , long sleeve T-Shirt.***
- \$36.00 - ***Dry-wicking , long sleeve T-Shirt.*** Bus **NOT** included.
- \$26.00 (includes Bus) but **NO SHIRT**
- \$22.00 No Bus - No shirt

----- cut here ----- cut here ----- cut here ----- cut here ----- cut here ----- cut here -----

ENTRY FORM and WAIVER - Conestoga Trail Run, September 25, 2011

In the consideration or the acceptance of my entry in this race, I, the undersigned, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby release PPL Corporation, Lancaster County Conservancy, all other land owners, Lancaster Road Runners Club, any other sponsors, volunteers, medical, radio, and supportive staff, race organizers and their representatives, agents, employees, and assigns of all the foregoing from any and all claim for damages, demands, and causes of action arising from or out of my participation in the Conestoga Trail Run.

I do attest and verify that I am physically fit, have sufficiently trained for the completion of this event and that I am aware of the dangers of trail running including sprained ankles, cuts, bruises, broken bones, animal or insect bites. My actions and mishaps are accountable to no one but myself. By signing my name below, I certify that I have read, understand, and agree with the terms and conditions of this release and do intend to be legally bound thereby. I have also read the entire first page attached to this release and realize the dangers described. I hereby give my permission to race officials to use my name and / or picture or videos in any way that they see fit without limitation, and without any obligation by anyone to compensate me further I acknowledge that my entry fee is not refundable, even if the race is cancelled by an act of nature or man.

Please print neatly.

Name _____

Street _____

City _____ State _____ Zip _____

Phone (_____) _____ Sex _____ Bus - Yes No **(circle)**

Age on Race Day _____ Date of Birth _____
month / day / year

Signature _____

E-mail - _____

T-Shirt (see options above): Small Medium Large Ex-Large **(circle one)**

**Mail entry form to: Conestoga Trail Run
509 Big Bend Rd
Lancaster, Pa. 17603**

Make checks payable to: Bill Smith
\$40. (Bus and T-shirt) - \$26. (Bus and No shirt)
Deduct \$4.00 = No Bus