



8TH ANNUAL MT. LUTHER DANDELION TRAIL RUN

Saturday, September 4th, 2010 - 9:00a.m.

The Dandelion Trail Run is a 5 and 10-kilometer entry-level race benefiting Camp Mount Luther. Runners decide on race day if they want to do a 5K or 10K (a double loop of the 5K). All miles are marked, and there's one water stop on the course. Timing is done electronically. The run was named in memory of the Rev. Glenn Heasley, whose favorite "flower" was the dandelion.

Kids Fun Run! *The age groups are 6 and under and 7 –10. Special awards will be presented to every participant in the fun run. The fee for the kids fun run is \$1.00 all proceeds from the kids run will benefit the Camper Scholarship Fund*

New for this year! 1mile fun walk! *Same registration fees and amenities apply. Walk will be on dirt road.*

Awards and Age Categories

- Overall male and female
- 3 awards for each age group
- Ages 11-14;15-19; 20-29; 30-39
- Ages 40- 49; 50-59; 60+
- Overall Masters 5K & 10K
- Must be 11 years of age or older to enter
- Awards Ceremony will be immediately following race

Other Information

- Shower facilities are available after the race
- Insurance provided by RRCA
- Any questions call Joel @ 570-765-0267
- www.midpenntailblazers.com

Fees and Payments

- Drawstring sport pack guaranteed to pre-registered runners
- Limited supply on race day
- Race day registration opens at 7:30a.m.
- Pre-registration fee is \$15.00 postmarked by 8/27
- Race day fee is \$20.00
- Checks should be made payable to Mount Luther
- Send checks to Joel Heasley, 18 N. Charles Ave, Middleburg, PA 17842

Directions: Traveling on Route 45 West from Mifflinburg, go about 3.5 miles and then turn right onto Pleasant Grove Road at Christ's United Lutheran Church. Follow the Dandelion Run signs to Camp Mount Luther (about 2 miles from Route 45).

Traveling on Route 45 East from Hartleton, go 1.5 miles then turn left onto Pleasant Grove Road at Christ's United Lutheran Church. Follow the Dandelion Run signs to Camp Mount Luther (About 2 miles from Route 45)

2010 Dandelion Run Registration

Name _____ Sex _____ Age _____

Address _____ E-mail: _____

City _____ State _____ Zip _____ Phone: _____

Check box for Kids Fun Run applicant Mid Penn Trail Club Member Y/N (Please circle one)

I know that running in a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in this event. I assume all risks associated with running in this event, including but not limited to contact with other participants, the effects of weather, including high heat and humidity, the conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, do waive and release the Susquehanna Ridge Runners including any or all of their members and volunteers, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____

Signature of Parent if under 18 _____