

**RUN WITH THE DEER FLIES
25K and 15K TRAIL RUN**

Conducted by: **Indiana Road Runners Club**

Where: **Seph Mack Boy Scout Camp
Yellow Creek State Park
Penn Run, PA**

Sunday, July 25, 2010

8:00 a.m. (race day registration 6:30 a.m.)

Pre-register by July 12, 2010

Fee = \$25 for both distances (technical t-shirt guaranteed for first 75 runners) \$30 after July 12, 2010

Make check payable and mail to: Deer Fly Run, 110 McNally Circle, Indiana, PA 15701

More info: Ken 724.599.5945 sharbalance@yahoo.com Rob 724.525.4721 robhigbee@yahoo.com

Race Features: 25K (two water crossings) and 15K

- ~ Challenging course with plenty of hills, single track trails, pipeline roads, swamps, possible wild boar and/or Bigfoot sightings, water crossings (25K only)
- ~ Aid stations approx. every 4 miles. Carrying water is recommended
- ~ Shower facilities available
- ~ Free overnight accommodations available: please RSVP to Ken – bring tent and sleeping bag

Awards = First Overall (men and women), Top 3 in each age group (men and women)
19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

**Proceeds to benefit: Seph Mack Boy Scout Camp and Yellow Creek State Park
Race results at www.indianaroadrunners.com**

I know that running a trail 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, hazards, debris and poor footing on the course and assume the risk for running on it. 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, getting lost, wildlife and insect attacks and 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 Indiana Road Runners, Seph Mack Boy Scout Camp, **Yellow Creek State Park**, and all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for **or** 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 **or** nature **whatsoever** 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 **whatsoever**, foreseen or unforeseen, known or unknown.

SIGNED _____ (include parent if under 18)
NAME: _____ **Phone** _____
ADDRESS: _____ **City** _____ **State** ____ **Zip** _____
BIRTHDAY ____/____/____ **AGE RACE DAY** _____ **SEX** _____
Emergency Contact: _____ **Phone** _____
Shirt Size: S _____ M _____ L _____ X _____
E-mail _____

Please Select:
15K (child's play) _____
25K (why not?) _____