

Saturday August 21, 2010 the 5th annual Run for Hunger Trail Challenge



Half Marathon & 4 mile Trail race & 2 mile Scenic Hike Benefits Freeport Meals on Wheels

-Times: Half marathon trail race starts at 1pm, with 4mile & hike starting at 2:30pm.

NO REGISTRATION ON RACE DAY.

-Location: Birdsfoot Golf Club in Freeport, PA. Follow Rt.28 to exit 18 (Slate Lick). Then just follow the big blue signs to Birdsfoot Golf Culb. Also Rt.356 to Sarver road and follow the blue signs.

No paper entry forms - **online entry via RunRace.net ONLY**

<http://www.runrace.net/findarace.php?id=10233PA>

-Registration Fees:	Half Marathon	4 mile & Hike
April 1st to June 30 th:		
Single Person	\$40	\$30
Family (2 adult & 2 kids under 18)	\$80	\$60
July 1st to August 1st:		
Single	\$50	\$40
Family	\$90	\$70

250 Entry Limit - ALL Kids 14 and under are FREE

ALL REGISTRATION MUST BE POSTMARKED BY AUGUST 5, 2010

Any questions contact us at runforhunger@gmail.com

-Trail: The Half marathon trail is unsupported and very technical. You will have the following obstacles: roots, rocks, log piles, man-made bridges, extreme down hills, lung busting climbs, rock fields, and yes, a creek crossing. The 4 mile race is on the same trail but NO water crossing and only two hills.

-Water: There will be one water station on 4mile, and two on half marathon. Trail runners are encouraged to carry their own water. The weather may be HOT.

-Awards: Metals for top 3 male & female in each event. Top 3 in each age group in each event male and female: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up.