

**Hills & Thrills Trail Races**  
**30k-10k-5k**



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**Date:** July 12, 2014

**Times:** 30k trail race starts at 1pm, with 10k & 5k starting at 5pm.

**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 Club. Also Rt.356 to Sarver road and follow the blue signs

**What you get:** All runners and hikers will receive a Tech tee, and a dinner, and BEER, for those over 21. Yes, Beer... and many other drinks, as well, so please be responsible (DD). Each runner gets five tickets and may buy more for door prizes that will be drawn at dinner.

**Registration at [RunRace.net](http://RunRace.net), [Active.com](http://Active.com), or Mail form with check**

**Part of the 2014 Gore-Tex Trail Runner Trophy Series**

<b>Registration Fees:</b>	<b>30k</b>	<b>10k</b>	<b>5k</b>
3/1- 6/1	\$40	\$25	\$20
6/2-race day	\$45	\$30	\$25

**[ALL Kids 14 and under are FREE](#)**

**Any questions contact us at [runforhunger@gmail.com](mailto:runforhunger@gmail.com)**

**Trail:** The trail is single track 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, lots of creek crossings.

**Water:** There will be one water station on 5k, two on the 10k, and four for the 30k. Runners are encouraged to carry their own water. The weather may be HOT.

**Awards:** \$100 to the 1<sup>st</sup> place male and female in the 30k, \$25 for 1<sup>st</sup> male and female in the 10k, and \$20 for the 5k 1<sup>st</sup> male and female. Top 3 overall in each race will get a one of a kind award and then 10 year age group awards.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State, Zip: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

City: \_\_\_\_\_ State, Zip: \_\_\_\_\_ Shirt Size: \_\_\_\_\_

E-Mail \_\_\_\_\_

E-Mail \_\_\_\_\_

Age (on 7/12/2014): \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Event: \_\_\_\_\_

Age (on 8/12/2014): \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Event: \_\_\_\_\_

If you do not give an e-mail I can not send race updates and training run info...

Waiver: I waive myself, my heirs and assigns, all claims for damages, which I may have against the race, Birdsfoot Golf Club, any race sponsors, any land owner, or any other organizations, business or other individuals as a result of any and all injuries which might be received as a result of the race. I attest that I am physically fit for this contest. . I release any photos that might involve me.

Signature: \_\_\_\_\_

Signature: \_\_\_\_\_

(a parent must sign if runner is under 18)

**Checks payable to: Run for Hunger**

Mail to: **Run for Hunger**  
1237 Sarver Rd  
Sarver, PA 16055