

Trails 4 Tails

40 mile ultra and relay

Sept. 21, 2019, 7:00am Ultra start, 8:00am Relay start
Codorus State Park
Hanover PA

- 40 mile run on wooded trails, shore line, and some roads at Codorus State Park. This will be 5 laps of 8 miles at the swimming pool area. Directions to the park can be found at <http://www.dcnr.state.pa.us/stateparks/findapark/codorus/index.htm>
- Start/finish/aid will be at Pavilion 1. Parking, restrooms, and water also available.
- Course will be marked with surveyor's ribbons.
- Course closes at 6:00pm. Park will lock gate at sunset.
- Ultra aid station and optional relay exchange will be on the course around mile 4.
- \$50 pre-registration fee for Ultra by Sept 5. \$60 after the 5th and on race day. \$40 pre-registration per person for Relay. \$50 after Sept. 5. Additional donations will be accepted for Local Animal Shelter. Make checks to South Penn Road Runners. Send application and check to Kev Hawn, 2008 Yingling Drive, Spring Grove, PA. 17362.
- Custom shirts for pre-registration by Sept 5. Shirts as long as they last after that date.
- Relay can be up to 10 participants with legs of 8 or 4 miles. See separate relay registration sheet at trails4tails.com to sign up team.
- Questions? Contact Kev Hawn at hawnsrun@comcast.net or call 717-632-5062 before 9:00pm.
- Additional info and applications available at trails4tails.com

Name _____

Address _____

Age _____

Email _____ Sex, circle one M / F

Phone _____ Shirt size; circle one S M L XL

RELEASE

In consideration of the acceptance of this entry to the Trails 4 Tails 40 mile run I waive all claims for myself, my heirs, and assigns against the race sponsors or promoters for injury or illness which may result from my participation. I also give my permission for the use of my name and/or picture in any newspaper for any other account of this event. I further state I am in proper physical condition to compete in this race.

SIGNATURE

DATE

PARENT (IF UNDER 18)



Thanks to:

Commonwealth of PA, Depart. of Conservation and Natural Resources, Bureau of State Parks.

See us on Facebook

Trails 4 Tails

Relay team registration

Team Name _____
Captain Name _____
Address _____
Age _____
Email _____ Sex, circle one M / F
Phone _____ Shirt size, circle one XS S M L XL

SIGNATURE

DATE

PARENT (IF UNDER 18)

RELEASE

All team members must sign release. Print additional copies as needed.

In consideration of the acceptance of this entry to the Trails 4 Tails 40 mile run and relay I waive all claims for myself, my heirs, and assigns against the race sponsors or promoters for injury or illness which may result from my participation. I also give my permission for the use of my name and/or picture in any newspaper for any other account of this event. I further state I am in proper physical condition to compete in this race.

Members Name _____
Address _____
Age _____
Email _____ Sex, circle one M / F
Phone _____ Shirt size , circle one XS S M L XL

SIGNATURE

DATE

PARENT (IF UNDER 18)

Members Name _____
Address _____
Age _____
Email _____ Sex, circle one M / F
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