

# Squirrely Tail Twail Wun

(Squirrely Tail Trail Run)

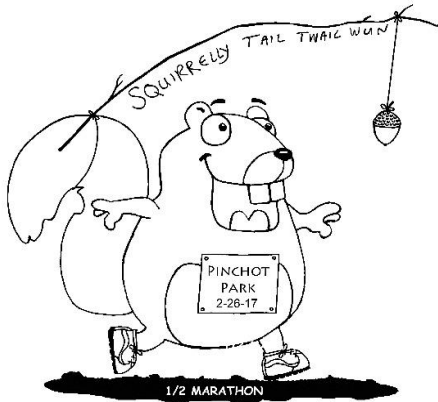
## Half Marathon

Gifford Pinchot State Park

Lewisberry, PA 17339-9787

**February 26, 2017 @ 10:00am**

(Rain/Snow Date March 5, 2017)



**Flying Feet**  
Sport Shoes

**Race Name Information:** Do you have to be a little squirrely or not squirrely at all to run the Squirrely Tail. Well all of the above is acceptable. If you sport trail or road shoes come on out, if you enjoy dodging trees, hurdling guardrail/logs, running in mud/snow, darting across loose rocks while aimlessly following unique survey ribbon draped through the woods. The Squirrely Tail run is for you. You undoubtedly might be breathless and speechless or tongue tied, like the crazy race director who schemed this madness up.

**Course Description:** It is NOT LIKE THE ON THE ROCKS TRAIL RUN if you ran it. The course is semi-flat with short runnable climbs that follow the trails around Gifford Pinchot Lake. Running surfaces are variable; black top, dirt & leaves, dirt & tree roots, dirt & rocks, loose rocks/stones, horse trails, mud if not frozen, possible snow/ice cover trails. Remember February weather can change semi-easy trail conditions to become difficult.

**Registration fee:** \$25. This will cover the race expenses (Insurance, Porta-Johns, Refreshments, Trail Supplies, t-shirt, \$0 for race director). Also the low price will include the scenery around the lake for free. Since this is a squirrely race based on minimum funds, free volunteers, therefore the participants will receive a shirt if registration is received before 2/10/ 2017. Thereafter, no shirts for participants. Mail in applications MUST be received by 2/22/17 to be registered for the race. There is no race day registration.

**\*\*\*Applications must be received before February 10, 2017 for Race Shirt\*\*\***

Checks payable and mailed: Scott Newcomer, 4285 Pleasant Valley Road, York, PA 17406. Insurance provided by USATF through York Road Runners Club.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex: M F Race Day Age \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ (must be 18 or more) Tel: ( \_\_\_ ) \_\_\_\_\_ AM? \_\_\_ FM? \_\_\_ Both? \_\_\_

E-Mail Address: \_\_\_\_\_ Shirt Size: S M L XL  
(Circle Size)

### Liability Waiver:

In consideration of your acceptance of my application for participation in the Squirrely Tail Twail(trail) Wun(run) Event, I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, death, personal injury or loss of property I may have or which may accrue to me as a result of my participation. I discharge and release Gifford Pinchot State Park, Commonwealth of Pennsylvania, The USOC, USA Track & Field Inc., its associations and Committees, Race Director, Volunteers, families, heirs & assigns, the Event's organizers, and its respective agents, committees, and any other involved representatives caused by the negligence From Claims for damages of any of the above parties.



# Squirrelly Tail Trail Run

Gifford Pinchot State Park  
February 26, 2017 @ 10:00am



**Aid Stations:** There will be 1 aid station approx. half way. I will provide some type of food, water and electrolyte drink, probably Gatorade. I ask runners to carry water. Must be able finish this course under 4 ½ hours!!!

**Results:** Will posted in 72 hrs onto web page.

**Awards:** Is your personal gratification that you completed the course before cut off time.

**Refreshments:** Will be served after the event for the participating runners/hikers and volunteers.

**Race Location per the Park's Map:** Gifford Pinchot State Park, Conewago Day Use Area, Picnic Pavilion #2.

**Internet Directions:** Map coordinates is 40.072292,-76.887646 (Place in the destination box)

**Driving Directions:** From 83 take the Newberrytown exit, take PA-382 West (Lewisberry Rd), at PA-177 JCT Take Left following PA-177 South (Rosstown Road). Turn Left on Alpine Road and turn right into Gifford Pinchot State Park's Conewago Day Use Area. If you go to the park office or route 74 you went too far.

**Online Registration:** <https://ultrasignup.com/register.aspx?did=35565> (Online closes 2/22/17 @ 11:00pm)

**NO Race Day Registration**

**RACE DAY Number Pickup: 8:30-9:50am**

**Any Questions please e-mail Race Director Scott Newcomer:** [squirrellyrun@hotmail.com](mailto:squirrellyrun@hotmail.com).

**Verify that the race is not postponed to the rain date on the website before you show up.**

[www.squirrellytailtrailrun.webs.com](http://www.squirrellytailtrailrun.webs.com)

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### **Liability Waiver Continue:**

I acknowledge that there are inherent risks and dangers in trail running this Event including, but not limited to: falls, contact with other participants, the effects of the weather including heat, extreme cold, and/or humidity, the conditions of the running/hiking course, and getting lost that may arise at any time during the Event. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or losses, damage or injury that may be sustained while participating in the Event. I attest that I am physically fit and sufficiently trained for the completion of this Event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any said parties of any right hereunder. I understand serious accidents occasionally occur during run/hike Events and that participants in the Event may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless the entire persons mentioned above who might otherwise be liable to me (or my heirs or assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this Event is in good condition and that I have the experience and ability to complete the activity safely. I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this Event as established by the Event committee and obey the directions of the Event officials. I hereby grant full permission to the Event organizers, committees, volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this Event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the Liability Waiver on this form. (All unsigned entries will be returned.)

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

(If the participant is under 18 the parent or legal guardian must sign.)