

Salt Springs Field, Forest & Falls Trail Race

8:30 / 9 a.m. Saturday, Aug. 31, 2019

Salt Springs Park, Franklin Township, PA



Choose the 5K loop or the 10K loop through Salt Springs Park — there is a course for both new and experienced trail runners! Stick around after the race for the annual Celebration (food, fun, art, silent auction, hiking).

This race is sponsored by the Friends of Salt Springs Park, a nonprofit group that manages the 842-acre park. Learn about the park at www.friendsofsaltspringspark.org.

When: 10K starts at 8:30 a.m. Registration opens at 7 and closes at 8 a.m. The 5K starts at 9 a.m. Registration closes at 8:30 a.m..

Where: Salt Springs Park is in Franklin Township, 6 miles north of Montrose, Pa., and approximately 23 miles south of Binghamton, N.Y. From Montrose, go north on Route 29, turn left onto Silver Creek Road (state route 4008). From Binghamton, take I-81 south to Exit 1 in Kirkwood. Cross the bridge and turn left onto Route 7. At the intersection of Route 7 and 7A (at light), turn right on Route 7, which becomes Pa. State Route 29. Turn right onto Silver Creek Road (state route 4008) (landmark is Snake Creek Marine). The park is located about 1 mile up Silver Creek Road.

Entry fee: Cost (without T-shirt): \$20 if registered by midnight Aug. 29 or \$25 day of. Want a T-shirt? Cost is \$10 for the shirt and it MUST be ordered by Aug. 22. No refunds.

Distance: Choose the 5K loop (perfect for new trail racers and kids) or the 10K loop. Find updated trail maps with courses highlighted at friendsofsaltspringspark.org.

Timing: Chip timing with results available at the finish line.

Safety: There will be no medical or rescue personnel on-site. By entering this race, you agree to be responsible for yourself and your actions, to know your limitations and to govern your level of competition accordingly. It is possible to sprain an ankle, break a bone, tumble down a hill, trip, slip and be stung by insects. If you have allergies, carry your medication with you.

Ready to race? Register online at RunSignUp.com or fill out the form below. PLEASE PRINT and make sure to sign the waiver. Don't forget your check, and get it in the mail so it's postmarked by Aug. 22 if you want a T-shirt and Aug. 29 if you don't. Race-day registrations accepted.

Entry form for Salt Springs Field, Forest & Falls Trail Race

Also at Runsignup.com/Race/PA/Montrose/SaltSpringsTrailRace

8:30 / 9 a.m. Saturday, Aug. 31, 2019

Salt Springs Park, Franklin Township, PA

Name _____

Address _____

City and state _____ Zip _____

Phone _____

Sex _____ Age on race day _____ Date of birth _____

Email (print clearly!) _____

Next of kin (name & number) _____

5K loop _____ 10K loop _____

Cost: \$20 WITHOUT T-shirt, register by Aug. 29. Day-of registration is \$25.

Want a T-shirt? Cost is \$10 and must be ordered by Aug. 22.

Choose from these (unisex) sizes: S M L XL Youth: S M L

Make checks payable to: Friends of Salt Springs Park **Amount enclosed \$** _____

Mail to: Diana Bean
180 W. Lake Road
Brackney, Pa. 18812

Questions: Call Diana (race director) at 570-663-2714
(evenings) or email her at dbean0120@gmail.com.

WAIVER: I, the undersigned, accept responsibility for myself and for any injuries I may incur during this Salt Springs Field, Forest & Falls Trail Race. I have read this application and fully understand that participating in this event may be dangerous to my health. I am aware of and assume all risks of participation including, but not limited to, sprained ankles, cuts, bruises, broken bones, insect bites, lacerations, other serious injuries or death. I have trained sufficiently for this event and understand I will be running on narrow trails and uneven terrain. I will not hold any of the organizers, landowners, Friends of Salt Springs or any agency in Pennsylvania, nor any volunteers, responsible. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if so instructed by a race official. I fully understand that there will be no medical or rescue personnel on the course. I grant the race organizers the free use of my name and any photos or videos of me for any use related to the race. I acknowledge that my entry fee is not refundable, even if the race is canceled by an act of nature or man.

Date _____ **Signature** _____

If participant is under 18 years of age, a parent must also sign this waiver.

Date _____ **Signature** _____