

LOCATION

IVES RUN RECREATION AREA
710 IVES RUN LANE
TIOGA, PA 16946-9733
570.835.5281



EVENT TIMES

CHECK-IN: 8:30 - 9:30 AM
PRE-RACE MEETING: 9:45 AM
CHALLENGE START: 10:00 AM
AWARDS PRESENTATION: 11:00 AM



US Army Corps
of Engineers®

REGISTRATION

- | | |
|---|---------------------------------|
| <input type="checkbox"/> 12 yrs & under | <input type="checkbox"/> FEMALE |
| <input type="checkbox"/> 13-19 yrs. | <input type="checkbox"/> MALE |
| <input type="checkbox"/> 20-29 yrs. | |
| <input type="checkbox"/> 30-39 yrs. | |
| <input type="checkbox"/> 40-49 yrs. | |
| <input type="checkbox"/> 50-59 yrs. | |
| <input type="checkbox"/> 60-69 yrs. | |
| <input type="checkbox"/> 70 yrs. & over | |

**Please check one age &
gender category of
participation**

Name: _____

Address: _____

Age on day of event: _____

Phone: _____

email: _____

T-shirt size: S M L XL XXL

★ Signature: _____

Date of Signature: _____

EMERGENCY CONTACT



(name & relationship)

(phone #)

Relevant Medical Information/Health Conditions:

PAYMENT

PRE-REGISTER BY SEPT. 13, 2019

\$18.00/person; T-shirt guaranteed

Registration fees after Sept. 13 will increase, with no guarantee of an event T-shirt (given as supplies last). Children 12 yrs and younger are free.

Checks payable to "Friends of THC Lakes"
Send check and completed form to:

Friends of THC Lakes
PO. Box 451
Wellsboro, PA 16901

www.stepoutdoors.org

★ LIABILITY WAIVER, PHOTO RELEASE, & PERMISSION FOR POSTING RESULTS

By signing this form, I acknowledge my understanding of the inherent risks associated with participating in the Ives Run Trail Challenge held at Ives Run Recreation Area. I understand risk may vary depending upon personal fitness level, weather conditions, and other unforeseen circumstances. I acknowledge having a fitness level capable of participating, accept personal responsibility for my participation, and release the organizing parties of liability should a personal injury occur during the course of the activity. In addition, I give permission for photos to be taken during the event and posted in public forums such as the Step Outdoors website, newspapers, posters, and advertising media. I also give permission for my name to be included in the race results which may appear on www.stepoutdoors.org and in local newspapers. Permission will be assumed unless otherwise stated in writing and presented to the registration tent the day of the trail challenge.