

RUNNING FOR A BETTER ENVIRONMENT



And
Susquehanna Ridge Runners Club



PRESENT



THE
9th ANNUAL

HELLBENDER
5K and HALF MARATHON
FOOT RACE

Sunday, August 20, 2017
Weiser State Forest
Roaring Creek Tract

WHERE:

Rt. 54 Parking Area
Weiser State Forest
Roaring Creek Tract
Bear Gap, PA
(Located on PA RT 54 between
Mount Carmel and Elysburg)

REGISTRATION TIME:

7:00AM to 8:15AM

RACE BEGINS:

8:30AM for Half Marathon (Suggested
finish time: 3hrs)
8:45AM for 5K

COURSE DESCRIPTION:

Wheel Measured
Out and Back
Fast and Relatively Flat Along Scenic
Lakes and Lush Beautiful Forests

PROCEEDS BENEFIT RCVCA

to help promote clean water in the State
Forest and surrounding 80 square miles
of the Roaring Creek Watershed

**For more information or become a
member:**

www.rcvca.org



AWARDS:

First three male & female
finishers in each race
Top three male and female
each age category

COMMEMORATIVE T-SHIRTS:

Available to the first 250 entrants
Sizes will be on a first come basis

PRICE:

5K

\$25.00

\$30.00 Race Day Registration

Half Marathon

\$40.00

\$45.00 Race Day Registration

MAKE CHECKS PAYABLE TO:
RCVCA

**Applicants will be responsible for all
returned checks and expenses incurred**

MAIL TO:

Daniel Brassington
86 Keller School Rd.
Catawissa, PA 17820

FOR RACE INFORMATION:

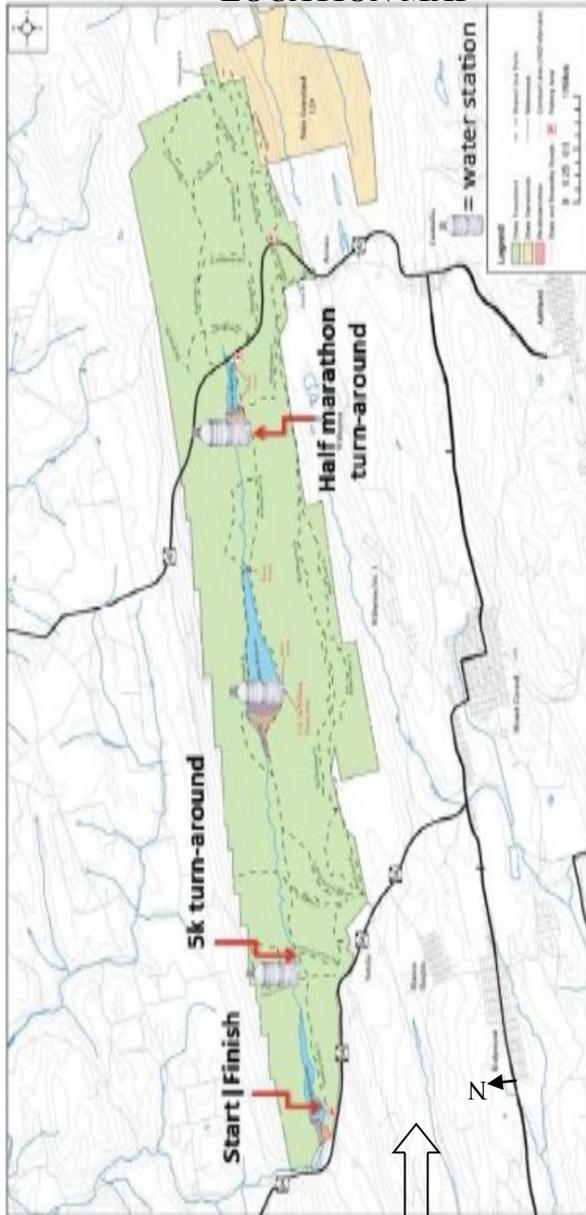
Daniel Brassington, Race Director
Cell: 570-490-7298
email: danieljg50@gmail.com

Robert Welby
Phone: 570-274-6400
email: rwelby@yahoo.com

EIN # 06-1770871

**WEISER STATE FOREST
ROARING CREEK TRACT**

LOCATION MAP



PA RT 54 PARKING AREA

What's a hellbender?

Hellbenders are extremely large, completely aquatic salamanders native to the eastern United States. Cool, clear streams are important because hellbenders breathe entirely through their skin! They have lungs, but rely on the thousands of capillaries found in the fleshy folds of skin along their body and legs to get oxygen from the water. Hellbender populations have drastically declined throughout their range, mainly because of declining stream quality. If you catch a hellbender while fishing, please remove the hook using pliers or a pair of gloves and release the hellbender.

www.hellbender.org



REGISTRATION FORM

**HELLBENDER
5K AND HALF MARATHON
Sunday, August 20, 2017**

NAME: _____

AGE _____ M _____ F _____

5K RUN _____ HALF MARATHON _____
 \$25.00 \$40.00
 \$30.00 RACE DAY \$45.00 RACE DAY

ADDRESS _____

STATE _____ ZIP _____

Email: _____

Home phone # _____ Cell # _____

T-shirt size: S _____ M _____ L _____ XL _____

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

SIGNATURE: _____

DATE _____

SIGNATURE _____
 (Signature of parent or guardian if entrant is under 18 years of age)