

Wyoming Valley Striders Trail Training Run

Want a good workout before Berwick Run for Diamonds or do you just want to get out on some trails?

Date: Sunday November 13, 2011

Time: 11:00 am

This is not a race. No prizes nor refreshments.

Location: Earth Conservancy Land, Mocanaqua Loop

We are asking for a donation of \$2.00 from each runner to partly cover our insurance for the event.

**Make checks payable to: Wyoming Valley Striders and mail to Vince Wojnar, 295 South Mountain Blvd.,
Mountain Top. PA 18707-1915 (570)474-5363**

Directions:

From Route 11 in Shickshinny, cross the route 239 bridge and take first left, go to end of road

From Wapwallopen or Glen Lyon, go through Mocanaqua on 239, take right just after going under trestle, go to end of road.

There are a number of routes ranging up to about 8 miles.

Warning: There are big hills, bad footing, easy to get lost and wild animals in this area. You are running at your own risk.

You can find more details of the Earth Conservancy and a map of the trails at

http://earthconservancy.org/html/mocanaqua_trails.html

Please PRINT

(ENTRY FORM CAN BE PHOTOCOPIED)

NAME _____ PHONE (____) _____

ADDRESS _____

TOWN _____ STATE _____ ZIP _____ SEX: M _____ F _____

AGE as of Nov 13, 2011 _____ DATE OF BIRTH _____

E-Mail _____

If necessary, I hereby authorize the above-named runner to be treated by any qualified, licensed medical personnel.

I know that running a trail run 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 this 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, for myself and anyone entitled to act on my behalf, waive and release the Wyoming Valley Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE (parent if runner is under 18) _____

DATE _____