**26th CONESTOGA TRAIL RUN**

**1O TOUGH MILES --- Sunday, September 26, 2021-- 10AM**

**PLEASE READ THE ENTIRE APPLICATION CAREFULLY**

The race is being run on someof the most brutal,rocky, and challenging trails to be found in Eastern Pennsylvania. The course is very hilly and has numerous small stream crossings. Although this event should be considered somewhat dangerous and only for **experienced trail runners***,* it is probably one of the most scenic races that you will encounter. Beautiful hilltop views of the Susquehanna River, clear feeder streams, huge rock formations, and an abundance of Mountain Laurel and Rhododendrons will greet the first **200** accepted entries. You must be at least 18 years old**.** The race is put on by experienced trail runners, for experienced trail runners***.***

**WHERE:** The race starts at the Pequea Creek Campgrounds in Pequea and ends at Pavilion #2, Holtwood Park, in Holtwood, Pa. (Southern Lancaster County). Most of the course follows the *Conestoga Trail* (orange blazes mark the trail) and is "point to point". You are responsible for getting yourself to the finish line.

**WHEN:** The race begins promptly at 10:AM on Sunday, September 26, 2021 in Pequea. Registration and race packet pickup will begin at 7:30 AM at Pavilion #2, Holtwood Park, in Holtwood. Registration ENDS at 9:10 AM and the buses will leave for the start area at 9:20. **We reserve the right to reject any entry.**

**ENTRY FEE:** $60.00 for pre-registration (until August 7). After August 7th the fee will be $80.00 providing that the **200 runner limit** wasn't reached. **No guarantee of shirt sizes after September 4th!**

**ALL REGISTRATION CLOSES ON SEPTEMBER 18th – THERE WILL BE NO RACE DAY REGISTRATION\*\***

**BUS TO THE START:** All runners should park at the finish area and ride our buses to the start unless you have your own support crew. We will **not** be able to provide transportation back to the start area after the race.

**AWARDS:** **All starters will receive a “Conestoga Trail Run” *dry-wicking, long sleeve t-shirt (available in Mens & Womens),* and a** **“CTR Medal” will be given out to all finishers**. Awards are given according to the number of entries received per age group. Hopefully, a 5x7 photo of you “*on the trail”* will be mailed or emailed along with a results and awards listing.

Results will also be posted online at www.lrrclub.org or on RunSignUp.com.

**$100.00 cash to the first official runner breaking the course record of 1:22:02.** (Zach Miller - 2015)

**$50 Cash to the 1st Overall Male and Female**

***Accepting up to 200 entries for the 26th race.***

**STRAGGLERS:** If you are having an “off day” or the trail has gotten the best of you, the trail crews at the water stops will assist you back to the finish area when they leave (after the last runner passes). Any runner who has not reached the 7 mile water stop in 3 hours (180 min.) will be asked to withdraw from the race. **There will be NO EXCEPTIONS to this cutoff time.** **Failure to comply will result in an immediate Disqualification and a permanent ban from the race in the future.**

**FACILITIES:** There are rest rooms at the start, finish and at the 7-mile mark (Pinnacle Overlook). There are also lots of trees and bushes on the course. (**DO NOT** USE TREES OR BUSHES IN THE CAMPGROUNDS START AREA **– If you do, you will be disqualified immediately from the race**). Showers are not available.

**POST RACE PICNIC:** We will provide sandwiches (American, ham, and turkey subs), chips, pretzels, other snacks, water, sodas, iced tea, non-alcoholic beer and other goodies in pavilion #2 after the race. Please plan to stay and enjoy the party and award ceremony. **Alcoholic beverages are not permitted at the race site.**

**ALSO:** Please allow enough time to get to the race site. The start and finish areas are "out in the boonies”. Acceptance letter,along with helpful maps**,** will be emailed to all who register by September 14th.

**Race Managed by**: The Lancaster Road Runners Club **Race Director:** Jason Logue assisted by Bill Smith

**P:** 717-598-2725 [jasonlogue@comcast.net](mailto:jasonlogue@comcast.net)

**WARNING:**  This is **NOT** your standard 10-mile race. The footing is uneven at best and can be dangerous. A fall is probable. An injury is possible. Insect bites, sprained ankles, lacerations, broken bones are some of the possible hazards. There will not be medical teams immediately on hand and our insurance will not cover your medical bills. You are responsible for your own self. Do not enter unless you are willing to risk and assume responsibility for any injuries that you may incur. We will provide water at the start and water, replacement fluids, and food at the finish. We will also have water at 2, 4, and 7 miles. Bring your own water bottle, power bars, insect repellentor whatever to be sure that you have what you need. **If you are allergic to bee stings, run with your own medication.**

**You may also register and pay online with RunSignUp (preferred)**

[**https://runsignup.com/ConestogaTrailRun**](https://runsignup.com/race/PA/holtwood/ConestogaTrailRun)

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**ENTRY FORM and** **WAIVER - Conestoga Trail Run, September 26, 2021**

In the consideration or the acceptance of my entry in this race, I, the undersigned, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby release Lancaster County Conservancy, DCNR, all other land owners, Lancaster Road Runners Club, any other sponsors,volunteers, medical, radio, and supportive staff, race organizers and their representatives, agents, employees, and assigns of all the foregoing from any and all claim for damages, demands, and causes of action arising from or out of my participation in the Conestoga Trail Run.

I do attest and verify that I am physically fit, have sufficiently trained for the completion of this event and that I am aware of the dangers of trail running including sprained ankles, cuts, bruises, broken bones, animal, or insect bites. My actions and mishaps are accountable to no one but myself. By signing my name below, I certify that I have read, understand, and agree with the terms and conditions of this release and do intend to be legally bound thereby. I have also read the entire first page attached to this release and realizethe dangers described. I hereby give my permission to race officials to use my name and / or picture or videos in any way that they see fit without limitation, and without any obligation by anyone to compensate me further. I acknowledge that my entry fee is not refundable, even if the race is canceled by an act of nature or man.

**Please Print NEATLY.**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_

Phone (\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex \_\_\_\_\_\_\_ **Shirt Size**: S SM MED LRG XL

**Mens Shirt** or **Womens Shirt**

Age on Race Day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*month / day / year*

**EMERGENCY CONTACT**: Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-mail** - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(**Please print legibly. Your acceptance letter and results will be emailed)**

**Mail entry form to: Conestoga Trail Run** **Make checks payable to:**

**150 American Ave Every Mountain Outdoors, LLC**

**Lancaster, PA 17602**