



# 7<sup>th</sup> ANNUAL



## On The Rocks Trail Run

### 16.7K, 33.3K, 50K

**\* Saturday, July 15, 2017 \***

**\*\* At Rocky Ridge County Park\*\***

**500 Deininger Road, York, PA**

**50K (31.17 miles) Starts 7:00am**

**33.3K (20.78 miles) Starts 8:30am**

**16.7K (10.39 Miles) Starts 10:30am**

Sponsors:

### FEES & REGISTRATION

16.7K(\$35), 33.3K(\$35), & 50K(\$35) *postmarked by June 30, 2017* for a shirt.

*After June 30, 2016* and race day registration will get no shirt.

Register online at [www.ultrasignup.com](http://www.ultrasignup.com) or [www.ontherockstrailrun.webs.com](http://www.ontherockstrailrun.webs.com)

***Event Sanctioned by USA Track & Field***

.....  
REGISTRATION

Insurance provided by USATF through York Road Runners Club.

Please make check payable to **Scott Newcomer, 4285 Pleasant Valley Road, York, PA 17406 (No Refunds)**

I will participate in: 16.7K (\$35)\_\_\_\_ 33.3K (\$35)\_\_\_\_ 50K (\$35)\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Birth date: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

(Participants under 18 years of age must contact the race director. A parent or legal guardian must sign the waiver and be at the race.)

Telephone #: \_\_\_\_\_ Sex: M - F Shirt Size: S - M - L - XL

Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

Please Print

# On The Rocks Trail Run

**16.7K (10.39miles), 33.3K (20.78 Miles), 50K (31.17) Trail Runs**

**Course Description:** The trails have little rocks, big rocks, dirt, gravel, tree roots, uphill climbs, small streams, groomed areas and grassy trail sections. The course map and pictures can be seen at [www.ontherockstrailrun.webs.com](http://www.ontherockstrailrun.webs.com).

**Requirements:** All runners and hikers are welcome. Participants **under 18 years of age** must contact the race director before the Race. They must have a parent, legal guardian present at the race and a waiver must be signed by a parent or legal guardian. Runners must be able to complete 16.7K in 5 hrs, 33.3K in 7 hrs, and 50K in 8.5 hrs. The 33.3K must complete the 1st loop in 3.5 hrs. The 50K requires you to complete the 1st loop in 2.6 hours and the 2nd loop in 5.4hrs. You will not be able to start the 3rd loop after 12:30pm. There will be no exceptions for any participants. ***Warning: If you cannot run/hike on the road without tripping or stumbling, this race is not for you. If you haven't done much trail-running and are primarily a "road" runner, this course will provide a very unique, difficult, breath- taking experience.***

**Aid Stations:** The races will have 2 fully stock aid station per each loop and 33.3K & 50K will have a fully stock aid station starting the next loop . More Water stops may be added due to the race day temperatures if needed.

**Awards:** Overall men & women 1st place. Age Groups men & women 1st place: 17 & Under, 18-29, 30-39, 40-49, 50-59 and 60+.

**Door Prizes:** Will be drawn during the event for all Participants & Volunteers. See the prize table when you completed your event.

## **ENTRY FEES & REGISTRATION**

**Runners:** 16.7K(\$35), 33.3K(\$35), & 50K(\$35) **postmarked by June 30, 2017** for a shirt.

**After June 30, 2017** and race day registration will get no shirt.

Make Checks payable to the Scott Newcomer. (No Refunds)

**Race Day Registration & Pack Pickup Location:** Pin Oak Pavilion (right side of the Restrooms at the back parking lot). 50K is 6:30 till 6:50am, 33.3K is 7:00 till 8:20am, 16.7K is 8:30 till 10:20

**Refreshments:** Start serving about at 11:30am for participants & volunteers at the Pin Oak Pavilion (right side of the Restrooms at the back parking lot). Nonparticipating individuals may enjoy the refreshments with a \$5 donation.

**Internet directions:** GPS Coordinates: 40.011839,-76.650667 (Back Parking Lot)

**Driving directions:** From Rt. 30, take Mt. Zion Rd. (Rt.24) north for 1 mile. Turn right onto Deininger Rd. and follow into park and the road will dead end into the back parking lot. Registration is located behind the Restrooms that you pass on the left before you come to the back parking lot.

**Volunteers:** Are always needed. If you or love ones at the race are interested in volunteering please e-mail the race director.

**Contact Race Director Scott Newcomer for race information & registration questions at [www.ontherockstrailrun@hotmail.com](mailto:www.ontherockstrailrun@hotmail.com)**

.....

## **LIABILITY WAIVER**

In consideration of your acceptance of my application for participation in the ON THE ROCKS TRAIL RUNS (Event), I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, death, personal injury or loss of property I may have or which may accrue to me as a result of my participation. I discharge and release race director, families, heirs and assigns, The USOC, USA Track & Field Inc., its associations and committees, and the York County Parks, the Event's organizers the York Road Runners Club, and its respective agents, committees, and any other involved representatives caused by the negligence of any of the above parties.

I acknowledge that there are inherent risks and dangers in trail running this Event including, but not limited to falls, contact with other participants, the effects of the weather including heat and/or humidity, the conditions of the running course, and getting lost that may arise at any time during the Event. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or losses, damage or injury that may be sustained while participating in the Event. I attest that I am physically fit and sufficiently trained for the completion of this Event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any said parties of any right hereunder. I understand serious accidents occasionally occur during run/walk Events and that participants in the Event may sustain mortal or serious injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless the entire persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this Event is in good condition and that I have the experience and ability to complete the activity safely. I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this Event as established by the Event committee and obey the directions of the Event officials. I hereby grant full permission to the Event organizers, committees, volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this Event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the Liability Waiver on this form. (All unsigned entries will be returned )

Participants Name (Print) \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date: \_\_\_\_\_

**(If the participant is under 18, a parent or legal guardian must sign.)**