

# Saturday, April 7, 2018

## RACERS CAP AT 250

### 9:00 A.M. Start Time

Mail to:

Sara Sawyer

P.O. Box 1341 Ava, MO 65608

or drop off @ State Farm Ins. in Ava

Pre-pay online at: <https://actnowracing.com/events/330/2018-glade-top-trail-run#register> or via QR Code:

By Cash or Check

Make checks payable to: *Glade Top Trail Run*



Pre-register online or postmark by January 1st to receive lowest entry fee.

Distances:

1 mile run/walk on gravel road

4.25 miles trail run

10.25 miles trail run

All races start at:

Wolf Junction, Roads 149 and 147

in the Mark Twain National Forest

Glade Top Trail near Brown Branch, MO

Awards: 1st overall male and female in both races

1st overall masters male and female in both races

Top three in each age group in both races

Special finisher awards for top times in 10 mile race

# Glade Top Trail Run

Benefiting:

*The Pat Souder Henry Scholarship Fund for Ava High School*

<http://www.gladetoptrailrun.com>

Name \_\_\_\_\_ Shirt Size (4 & 10 Milers Only) \_\_\_\_\_

Address \_\_\_\_\_ Gender  M  F

Email \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

### RACE PRICES (CHECK ONE):

- 1 mile run/walk \$12 to preregister  
\$15 after January 1st
- 4.25 mile is \$25 to preregister  
\$30 after January 1st
- 10.25 mile is \$40 to preregister  
\$50 after January 1st

**Entries need to be received by  
January 1, 2018 to be preregistered.**

*No refunds or exchanges allowed.*

**For more information contact:**

**Liz Kyger (417)683-0785**

**lkyger@avabears.net**

The 4.25 and 10.25 mile trail race has extremely challenging terrain. Participants should be physically prepared for water crossings, log barriers, deep gullies and uneven running surfaces.

**Waiver:** *I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature. I accept all and full responsibility for any injury or accident resulting from my participation in this event including those which may be attributed to weather conditions. I release and hold harmless from any and all liability, The Glade Top Trail Run organizers, The US Forestry Service, and Ava Public Schools.*

Signature \_\_\_\_\_

*\*parent signature if under 18\**

**NO RACE DAY REGISTRATION**