

GLADE TOP TRAIL Run

By Cash or Check

Make checks payable to: Glade Top Trail Run Mail
to: Sara Sawyer P.O. Box 1341 Ava, MO 65608 or
drop off @ State Farm Ins. in Ava
<https://actnowracing.com/events/504/glade-top-trail-run#register>



Distances:
1 mile run/walk on gravel road
4.25 miles trail run/hike
10.25 miles trail run (4hr TIME LIMIT)

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
1st overall masters male and female
Top three in each age group
Special finisher awards for top times in 10 mile race

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

RACERS CAP AT 250



9:00 A.M. Start Time
Saturday, October 9, 2021
<http://www.gladetoptrailrun.com>

Name _____ Shirt Size (4 & 10 Milers Only) _____
Address _____ Gender M F
Email _____ Age on October 9, 2021 _____ DOB _____
Emergency Contact _____ Phone _____

RACE PRICES (CHECK ONE):

- 1 mile run/walk \$12
after May 1st \$15
- 4.25 mile \$25
after May 1st \$30
- 10.25 mile \$40
after May 1st \$50

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

Entries need to be received by
September 30th to receive a shirt on race
day

No refunds or exchanges allowed.

For more information contact: Liz Kyger
(417)683-0785 • lkyger@avabears.net