

Trails for Tails

50 mile run

Sept. 13, 2008, 7:00am

Codorus State Park

Hanover PA

- 50 mile run on wooded trail, shore line, and some roads at Codorus State Park. This will be 6 laps of 8- 1/3 miles at the swimming pool area. Directions to the park can be found at www.dcnr.state.pa.us/stateparks/parks/codorus.aspx.
- Start/finish will be at Pavilion 1 on Swimming pool road. Parking, toilets, and water available. Limited support, fat ass run.
- Course will be marked with surveyor's ribbons.
- Water will be available on the course around mile 4.
- No fee, but donations will be accepted for Animal Rescue Inc. Make checks to Kevin Hawn. Custom tee shirts for \$20 donation by August 29. Shirts as long as they last on race day.
- This will also be my 50th birthday run. Cake provided and will cut when I finish around 4:00 to 5:00 pm.
- All are encouraged to run the 50, but will gladly accept anyone to cover any distance.
- To register, send application to Kev Hawn, 2008 Yingling Drive, Spring Grove, PA. 17362.
- Questions? Contact Kev Hawn at hawnsrun@netzero.net or call 717-632-5062 before 9:00pm.
- Application also available at <http://www.spr.fws1.com/>

Name _____

Address _____

Email _____

Phone _____

Shirt size _____

RELEASE

In consideration of the acceptance of this entry to the Trails for Tails 50 mile run I waive all claims for myself, my heirs, and assigns against the race sponsors or promoters for injury or illness which may result from my participation. I also give my permission for the use of my name and/or picture in any newspaper for any other account of this event. I further state I am in proper physical condition to compete in this race.

SIGNATURE

DATE

PARENT (IF UNDER 18)

