



A BENEFIT FOR **HOPE HILL YOUTH RANCH**

Start Time 9:00am.

\$15.00 mail-in / \$18.00 race day

Race-Day Registration: 7:45am – 8:45am.

Mail registration to: Hope Hill Ministry, 818 Tannery Rd Lake Ariel, PA 18436

Make checks payable to: Hope Hill Youth Ranch

Course –Rocky, rooty, rough, and rugged approximate 3 mile single track trail loop through the beautiful Prompton State Park. Aid stations @ Start/Finish area only. We recommend all runners carry hydration.

Awards - Overall Male & Female winners / 10 year Age Groups / **T-shirts to all runners registered by 5/6**

Location – Prompton State Park, 108 Creek Dr. (Route 170), Prompton, PA 18456

More Information – Martin & Keely Seybold (570)903-1133 / email: race@hopehillouthranch.org

Like us on facebook “Prompton Trail to Hope-3 Mile Trail Run/Walk” for updates!

Name(last) _____ First _____

Address _____ City _____ State _____ Zip _____

Phone _____ email _____

Age (race day) _____ Sex: ___M___F Shirt Size (circle one): S M L XL

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AGREEMENT: I know that running a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver, knowing these facts, intending to be legally bound, and in consideration of your accepting my entrance fee, I for myself, and anyone entitled to act on my behalf, waive and release Hope Hill Youth Ranch, Army Corp of Engineers, DCNR, Friends of Prompton SP, Prompton Lake, Prompton State Park, the Commonwealth of PA, and all sponsors, organizers and volunteers, their representatives and successors for all claims or liabilities of any kind arising out of my participation in this event. I acknowledge that entry fees are non-refundable and non-transferable for any reason.

Entrant Signature _____

Date _____

Parent Signature (for participants under 18 years of age) _____

Date _____