

RUN WITH THE DEER FLIES

25K *and* 15K TRAIL RUN

Conducted by: **Indiana Road Runners**

Where:

**Seph Mack
Boy Scout Camp
Yellow Creek State Park
(North Shore)
Penn Run, PA**

Pre-register by July 14, 2012

Fee: \$25.00 shirts guaranteed to
pre-registered runners by 7/14
\$30.00 after July 14, 2012

When:

**Sunday, July 29, 2012
8:00 a.m. (race day registration 6:30-7:30a.m.)**

Make check payable and mail to:

Deer Fly Run
309 Nursery Road,
Penn Run, PA 15765

More info: Tom, Wendy, or Jed:
724-349-8797
deerfly25k@yahoo.com

RACE FEATURES:

TWO RACE DISTANCES: **25K AND 15K**

*Challenging course with plenty of hills, single track trails, rocks, pipeline roads, swamps, and creek crossings all surrounding Yellow Creek Lake.

*Aid stations approximately every 4 miles. Carrying water is strongly recommended

*Shower facilities available

*Free overnight accommodations available: please RSVP to Tom - bring a tent and sleeping bag

AWARDS:

Finishing Awards to all **survivors!**

Proceeds to benefit: Seph Mack Boy Scout Camp and Yellow Creek State Park

I hereby waive and release all rights for claims or damages or suit I may have against Camp Seph Mack, Yellow Creek State Park, Cherryhill Township, Indiana Road Runners Club (IRRC) and any other officials and sponsors of the Run with the Deer Flies Trail Run to be held on July 29, 2012.

SIGNED: _____ (include parent if under 18)

NAME: _____ Phone _____

ADDRESS: _____ City _____ STATE _____ ZIP _____

BIRTHDAY ____/____/____ AGE RACE DAY _____ SEX _____

Emergency Contact: _____

Shirt Sizes: S _____ M _____ L _____ XL _____

- 15K
- 25K