



# BULL DAM TRAIL RUN SUNDAY, SEPT. 2nd, 2018

5 K Easy Trail Run or Walk

10 ish k Trail Run

Half Marathon Trail Run

Event 1— 5k Walk/ Run for all ages. This is largely a gravel/ grass road that goes around the reservoir. It is very flat and dry. This is a great way to get introduced to trail running. This is an excellent flat fast trail. Conditions are excellent on this trail for a fast time. This is one loop around the reservoir.

Event 2 & 3 — 10K and Half Marathon courses are a combination of gravel road and tree canopied single track trails. The course initially starts the same as the 5 k course but branches into the woods for a beautiful adventurous trail. The course is not flat but not too hilly either, all hills are short and quick. The single track portion is not technical but has its own unique challenges.

Events start 7:00 AM, Registration/ Check in starts at 6:00 AM

NO DOGS OR STROLLERS WILL BE ALLOWED IN THE EVENTS.

Register Online: [www.bulldamtrailrun.net](http://www.bulldamtrailrun.net) or on [RunsSignup.com](http://RunsSignup.com)

Race entry pre-registration fee: \$20.00 Same Day Registration :\$25.00

Benefits St. Gregory's Boy Scout Troop 82 in North East, Pennsylvania

# The Bull Dam Trail Run

## A Kids Fun Run, 5k ish Run/ Walk, 10k ish Trail Run and a 13.1 mile Trail Run

### Sunday, September 2, 2018 start time varies per event

WHERE: Howard Eaton Reservoir (locally called Bull Dam) **9834 Black Rd, North East, PA 16428**

**Day of Race cost: \$25.00**

Premium: Medals to all finishers.

Technical shirts are available at an additional cost of \$15.00 if order received by 08/15/2018. No late shirt orders as 2018.

What you get: water on the course in 2 locations, post-race snacks and breakfast of pancakes and sausage, and bib timing.

5K ish walk runners: You'll be running/ walking on the grass/ gravel multi-purpose trail around the reservoir. Keep the water to the left and you can't get lost. It is a loop course. This is a great course for entry level trail runners. The course is about 3.1 miles long.

10K ish runners: You will be running on grass, woodland terrain, dirt, and leaves etc. on a majestic winding well marked trail through the woods around the reservoir. Much of this run is completed on single track trails. There will be plenty of opportunities to pass the competition on straight-aways. This is a run that will take you through pines, hardwoods, open fields, with some challenges of minor hills and deadfall trees. This course is largely based on trail biking routes existing onsite. The course is about 6.3 miles long.

13.1 Half Marathon: You will be running two laps of the 10k ish course. The course is about 13.1 miles long.

Staggered Start: 7:00 am See web site for start times for your event as event start times are changing in 2018

DESCRIPTION OF RACE: Both the 5k ish, 10k ish, and 13.1 mile involve laps of the reservoir. The courses have common areas for water and first aid if required. You will be crossing 2 boat launches. There will be no marshal directing traffic at the boat launches. This will be at your own risk.

Restrictions: The courses are not dog or stroller friendly. Strollers and Dogs are not allowed.

Cancellation: In the event the race is canceled due to weather, a notice will be posted on the Internet at [www.bigwhitetrailer.com](http://www.bigwhitetrailer.com) There are no refunds or rescheduling of the event.

Awards: There will be a prize for first finisher male and female for the two running events. Your money goes toward the cost of the race. Any leftover monies will be given to a local Youth Group in North East.

Directions to the race:

From Interstate - 79 & Interstate - 90 (WEST of the Race Course) Head onto I-90 East bound 18.4 miles, Take exit 41. Turn left on PA State Route-89 South. Travel south 1.2 miles to Dam Site Road. Turn left onto Dam Site road 1.9 miles Black/ Ashton Road. This will be a TEE. Parking will be very tight so please follow directions from the volunteers and arrive early.

From New York State:

Interstate - 90 (EAST of the Race Course) Head onto I-90 West bound miles, Take exit 41. Turn left on PA State Route-89 South. Travel south 1.3 miles to Dam Site Road. Turn left onto Dam Site road 1.9 miles Black/ Ashton Road. This will be a TEE. Parking will be very tight so please follow directions from the volunteers and arrive early.

**Day of the race entries make checks payable to: Boy Scout Troop 82**

Mail in Entries: Stephen Haeseler (OR register Online - register.bigwhitetrailer.com or Bulldamtrailrun.net)  
PO BOX 601  
North East, Pa 16428

Contact: Stephen Haeseler – Email: shaeseler@verizon.net

NAME \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ **Day of Race \$25**

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

Date of Birth \_\_\_\_\_ Race to run (circle) 5k walk 5k run 10k run 13.1 mile

No Shirt orders after: 08/15/2018

Shirt sizes circle one: **Adult small Adult Med Adult Large XL 2XL 3XL Cost \$15** No Shirt orders after: 08/15/2018

In consideration of your accepting this entry, I hereby for myself (son/daughter), heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organizers, sponsors, the Commonwealth of Pennsylvania, and municipalities in which the event is contested, their representatives, successors and assignees for any and all injuries, suffered by me (my son/daughter) in said event. I further certify that I (my son/daughter) am (are) physically fit, having sufficiently trained for this event, and had my physical condition verified by a licensed Medical Doctor. Further, it is hereby agreed that I release the rights to and the unconditional use of whatever photographs I might be a part of, without compensation or remuneration. I also understand that the results of this event are the sole property of the organizer and that they will be published on the internet and in various print publications and will also be submitted to the local newspaper for their consideration. I understand that there are unforeseen hazards on the course and will take all reasonable precautions to avoid said hazards.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**(Parent must sign if participant is under 18)**