

**SATURDAY
SEPT. 8
5K & 10K
TRAIL RACE**



Farm & Natural Lands Trust of York County

SASQUATCH

PRESERVATION TRAIL RUN

9:00 AM Race Start • Registration begins at 7:30 AM
6259 Reynolds Mill Rd, Seven Valleys, PA • farmtrust.org

PRESENTED BY



ABOUT THE SASQUATCH 5 & 10 K

The Sasquatch 5K and Thoroughbred 10K are being combined for the **8th Annual Sasquatch Preservation Trail Run 5 & 10 K**. Both runs will occur at the same time at the amazing FNLT-preserved **South Branch Farms** in Seven Valleys (new location for the 5K – previous location of our 10K). **The Sasquatch Preservation Trail Run** is chip timed and the 5 & 10 K will have a slightly staggered start. What does that mean? Everyone finishes at the same finish line, around the same time, making for a grand finale.

The Sasquatch was featured in Runner's World magazine's **America's Top Trail Races**, all off-road, cross-country and trail runs covering mixed terrain and elevation on FNLT preserved land. Enjoy woods, crops, meadows and streams – native songbirds, deer, turkeys, owls, foxes, coyotes, snakes and sasquatches, all populate this beautiful landscape. The 10K is more challenging, with steeper inclines including **OVER** the historic Howard Tunnel / Rail Trail. Both runs cross the Codorus Creek in the last stretch (a nice cool down)! As our host and course designer Rob Kinsley states, "If you finish and you're not wet and dirty, you're disqualified!"

Post-race features early lunch from **White Rose Bar & Grill**, fruits from **Flinchbaugh's Orchard & Farm Market**, beer sampling from **Brewery Products** (21+ with ID), music and celebration with your fellow runners. Bonus - smoothie samples plus discount coupons from **Smoothie King!**

LOVE WOODS, WATER & COUNTRYSIDE?

The Sasquatch Preservation Trail Run 5 & 10 K benefits Farm & Natural Lands Trust of York County, dedicated to preservation of prime agricultural and sensitive environmental landscapes. FNLT has 135+ properties with over 10,000 acres permanently preserved. Learn more at www.farmtrust.org.

REGISTRATION INFO

Register at www.farmtrust.org (with added fee), or send a check to FNLT. Tech-shirts are an additional \$5.00 per person. Pricing is \$20.00 through the end of August and \$25.00 in September. Once we get to September, shirts are limited and sold out by race day. **Early packet pick up** is at **Flying Feet Sport Shoes** on Friday, September 7 from 10am to 9pm. Flying Feet is located at 1511 Mount Rose Avenue in York, PA. Race day registration starts at 7:30am.

This is a **PRIVATE** property, so please - no trespassing pre- or post-race day. Since this is an active farm, please **NO ANIMALS**. Due to the terrain, **NO STROLLERS** on the course. Please car pool if possible (do this all the time!).

EARN FREE REGISTRATION: Buy any pair of trail shoes at Flying Feet Sport Shoes and get FREE registration



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SASQUATCH

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5K & 10K TRAIL RACE

AWARDS + PRIZES

Collectible Sasquatch Preservation Trail Run patches are given for all finishers. Prizes awarded for both the 5K and 10K – Top Male & Female, Age Groups, Best Costume and more. Additional unique random prizes and giveaways galore. In the past we've had fresh baked pies, local fruits and vegetables, pumpkins, sporting goods and other fun stuff.

QUESTIONS, COMMENTS, CONCERNS?

Please contact **Sean Kenny**, Executive Director of FNLT of York County at skenny@farmtrust.org.

SHIRT SIZING (double sizing for chest size)

	XS	S	M	L	XL	2XL
Chest	32-34	35-37	38-40	41-43	44-46	47-49

EARN FREE REGISTRATION!

Buy any pair of trail shoes at Flying Feet Sport Shoes and get FREE registration for the 5K or 10K – yes, you read that correctly.

SPONSORS



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ENTRY FORM

*Make checks payable to Farm & Natural Lands Trust and mail to 156 North George Street, Suite #300, York, PA 17401

First Name: _____

Last Name: _____

Date of Birth: / / _____

5k Trail Run:

10k Trail Run:

Email Address: _____

Phone Number: _____

Sex: M / F

Age on Race Day: _____

(Optional) I have enclosed a donation to Farm & Natural Lands Trust of York County in addition to my entry fee in the amount of: \$: _____

Tech Shirt Optional - without/with

Shirt Size

Pre Race by 9/1/18	\$20/\$25	XS S M L XL XXL
Up Until Race Day	\$25	(no shirt option)

Signature: _____

Co-Signature: _____

(Parent/Guardian must co-sign if entrant is under age 18)

I know that running the Sasquatch Preservation Run is a potential hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running the event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity and cold or slippery conditions on the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the race, the property owners, its sponsors, directors, and volunteers, and all their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.