

GLADE TOP TRAIL Run

**Saturday April 6, 2024
9:00 A.M. Start Time**

DISTANCES:

- 1 mile run/walk on gravel road
- 4.25 miles trail run/hike
- 10.25 miles trail run (4hr TIME LIMIT)

ALL RACES START AT:

Wolf Junction at Roads 149 and 147,
the Mark Twain National Forest Glade Top Trail
near Brown Branch, MO

AWARDS

- 1st overall male and female
- 1st overall masters male and female
- Top three in each age group
- Special finisher awards for top times in 10 mile race

BENEFITING

The Pat Souder Henry Scholarship Fund for
Ava High School

RACERS CAP AT 250

BY CASH OR CHECK

Make checks payable and remit to:
Glade Top Trail Run
PO Box 1341 • Ava, MO 65608
or drop off at State Fram Insurance in Ava.



ONLINE

Pay online or by QR Code
[https://actnowracing.com/events/
905/glade-top-trail-run](https://actnowracing.com/events/905/glade-top-trail-run)



<https://www.gladetoptrailrun.com>

NAME: _____ PHONE: _____
 ADDRESS: _____ GENDER: MALE FEMALE
 EMAIL: _____ AGE ON APRIL 6, 2024: _____ DOB: _____
 EMERGENCY CONTACT: _____ PHONE: _____
 SHIRT SIZE (4 & 10 MILERS ONLY) _____

RACE PRICES (CHECK ONE)

- 1 mile run/walk..... \$12
after January 1st.....\$15
- 4.25 mile \$25
after January 1st.....\$30
- 10.25 mile \$40
after January 1st.....\$50

**Entries need to be received
by March 15, 2024 to receive a
shirt on race day**

No refunds or exchanges allowed

For more information contact:
Liz Kyger
417-683-0785 • kyger@avabears.net

The 4.25 and 10.25 mile trail race has extremely challenging terrain. Participants should be physically prepared for water crossings, log barriers, deep gullies and uneven running surfaces.

Wavier: I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature. I accept all and full responsibility for any injury or accident resulting from my participation in this event including those which may be attributed to weather conditions. I release and hold harmless from any and all liability, The Glade Top Trail Run organizers, The US Forestry Service and Ava Public Schools.

SIGNATURE: _____
 ~ Parent Signature if under 18 ~