

Saturday, April 1, 2017

**Registration: 7:30-8:45 am on race day
All races start at 9 am**

Mail to:
Sara Sawyer
P.O. Box 1341 Ava, MO 65608
or drop off @ State Farm Ins. in Ava

Pre-pay online or via QR Code
Or on Race Day
By Cash or Check



Make checks payable to:
Glade Top Trail Run

Pre-register online or postmark by
March 26 to receive lowest entry fee.

Like us on Facebook!

Distances:

- 1 mile run/walk on gravel road
- 4.25 miles trail run
- 10.25 miles trail run

All races start at:

Wolf Junction, Roads 149 and 147
in the

Mark Twain National Forest

Glade Top Trail near Brown Branch, MO

Awards: 1st overall male and female in both races

1st overall masters male and female in both races

Top three in each age group in both races

Special finisher awards for top times in 10 mile race

Glade Top Trail Run

Benefiting:

The Pat Souder Henry Scholarship Fund for
Ava High School

<http://www.gladetoptrailrun.com>

Name _____ Shirt Size (4 & 10 Milers Only) _____

Address _____ Gender M F

Email _____ Age on April 1, 2017: _____ Date of Birth _____

Emergency Contact _____ Phone _____

Race Prices (check one):

- 1 mile run/walk \$12 to preregister
\$15 on race day
- 4.25 mile is \$20 to preregister
\$25 on race day
- 10.25 mile is \$40 to preregister
\$50 on race day

Entries need to be received by
March 25 to be preregistered.
No refunds or exchanges allowed.

For more information contact:
Liz Kyger (417)683-0785
lkyger@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.
Waiver: *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