



**7th Annual Les Haas Memorial Trail Challenge**  
**14K Run, 7K Run & 2 Mile Fun Walk**  
 Hosted by the Elk County Conservation District  
 Proceeds Benefit Environmental Education



**WHEN & WHERE:** 9 AM, Saturday, **September 22, 2018**, at the Laurel Mill Ski Trail, Allegheny National Forest, near Ridgway, PA. (GPS: 41° 24' 26.3" N, 78° 47' 18.9" W)

**COURSE:** The Laurel Mill Trail was designed specifically for XC skiing and hiking. The trail is a series of interconnected loops and is mostly rolling hills. The surface is dirt, gravel, rocks, sticks, leaves, mud, grass and maybe even a few tree branches. Watch out for the bears and skunks! 14K runners will run two laps of the 7K course.

**AGE GROUPS:** Male and Female Runner Divisions: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over

**AWARDS:** Awards to first overall male and female in the 14K and 7K. The walk is a "fun walk" and is non-competitive. Awards to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place male and female in the 14K and 7K age groups. There will also be door prizes!

**SHIRTS:** Each participant registered by September 10 will receive a race t-shirt (adult unisex sizing). T-shirts are only guaranteed to those that are pre-registered.

**REGISTRATION:** \$15 pre-registration received by September 10. \$20 post-registration and on race day. Race day registration at the Laurel Mill Trailhead from 7:30 AM until 8:45 AM.  
**Online Registration is also available at [UltraSignUp.com](http://UltraSignUp.com)**

**Mail** registrations with check payable to:  
 Elk County Conservation District  
 850 Washington Street  
 St. Marys, PA 15857

**Drop Off** Registration and payment at:  
 Elk County Conservation District  
 Elk County Community Recycling Center  
 850 Washington Street, St. Marys, PA  
 Mon. - Fri. 8:00AM – 4:00PM

**FACILITIES:** Rest room (pit toilet) will be available at the trailhead. Water will be provided along the trail.

**REFRESHMENTS:** Post-race snacks and beverages will be provided.

**INFORMATION:** Phone: (814) 776-5377 or Email: [sputt@countyofelkpa.com](mailto:sputt@countyofelkpa.com)  
 Additional information, maps and photos are also available online at [www.co.elk.pa.us/conservation](http://www.co.elk.pa.us/conservation)

I, the undersigned, hereby release the Elk County Conservation District, Allegheny National Forest and all sponsors, volunteers and other organizations involved with the Les Haas Memorial Trail Challenge from any or all liability that may result from my participation. I understand that participation in such events comes with potential risk and I have consulted with my doctor and determined that I am healthy enough to participate in such activities.

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Circle Shirt Size: S M L XL XXL

Email (please print legibly) \_\_\_\_\_

Entrant's Signature \_\_\_\_\_ Circle Event: 14K Run 7K Run 2 Mile Walk

If under 18, parent or guardian's signature \_\_\_\_\_