



# 2024 TAME THE TOWER TRAIL CHALLENGE

## SATURDAY DEC 14, 2024

**@ Governor Dick Park**  
**3283 PINCH RD, LEBANON PA**



The village of Mt. Gretna is known for its silent beauty and its enchanting wonder. There is a strong tradition of artistry that can be seen all throughout the streets and paved walkways of our small town and that unique beauty carries right over onto the hiking trails that make up our beloved mountain.

Please help us celebrate this beauty by joining us for the **First Annual Tame the Tower Trail Challenge** that will be held at Clarence Schick Memorial Park on Saturday December 14th, 2024. While the mountain may challenge you, the community of trail runners and local residents will embrace you.

One hundred percent of the proceeds of this race will be going right back into the park. These much-needed funds will help with trail maintenance, park safety measures, and the betterment of our education center. In past years we have been able to install a brand-new water fountain and build a mud kitchen that is enjoyed by children of this community year-round.

**COURSE:** We will be running 3 different distances (5k, 10k, 10mile) that we hope will appeal to every runner, hiker and walker alike. Learn more on our website! [tamethetower.com](http://tamethetower.com)

**PARKING:** Parking will be available at Governor Dick Park and the surrounding area. Please visit our website closer to the race date for more detailed information.



### PLEASE PRINT CLEARLY: EMAIL OR PHONE CONTACT REQUIRED

-----  
(FIRST NAME)

-----  
(LAST NAME)

**GENDER: M OR F**

(PLEASE CIRCLE ONE)

**DATE OF BIRTH:** ----- **AGE (ON DAY OF RACE):** ----- **AMOUNT PAID:**-----

**ADDRESS:**----- **APT. #** ----- (CITY), (STATE) (ZIP CODE)

**EMAIL:** ----- **PHONE NO.:** -----

**I AM REGISTERING FOR : (CIRCLE)      5K      10K      10 MILE**

**DID YOU SIGN BOTH SIDES OF THIS SHEET?**  
**PLEASE SIGN THE WAIVER ON THE BACK OF THIS FORM!**

**REGISTRATION:** Race Registration and number pick up will take place at Governor Dick Park on race day from 7:30am to 10:00 am (please check the specific details of your race distance on our website or on the Tame the Tower Ultra Sign Up page.

**AWARDS:** Top OVERALL male and female winners in EACH DISTANCE will earn a cash prize. The top male/female winners in each distance AND in each age group will also be recognized.

**Entry information for individual participants:**

**5k/10k:** \$30/person postmarked by Nov 1, 2024 – \$35/person if postmarked after Nov 1, 2024 (including day of race)  
**10 Mile:** \$40/person postmarked by Nov 1, 2024 – \$50/person if postmarked after Nov 1, 2024 (including day of race)

(Above entries include a rad trucker hat if reg. by 11/01/24, after that date & including race day - while supply lasts)

**\*\*\* ONLINE REGISTRATION AVAILABLE AT [ultrasignup.com/register.aspx?did=115666](https://ultrasignup.com/register.aspx?did=115666) \*\*\***

(Nominal service fee applies, closes at midnight, the Wednesday before race day)

**RACE WILL GO ON RAIN OR SHINE.** No refunds.

**RACE CONTACTS:**

Race Director: Nicole Maurer, [ngray3@wellspan.org](mailto:ngray3@wellspan.org), 717-270-7935

Sponsorships & Registration: Jedd Erdman, [governordick@hotmail.com](mailto:governordick@hotmail.com), 717-964-3808



**RESTRICTIONS:** We love pets, but we can't allow you to race with them this time.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com). Race will be professionally timed by "Pretzel City Sports" (PCS)

**Mail application, with checks payable to Clarence Schock Memorial Park  
Attn: Taylor Casey, PO Box 161, Mount Gretna PA 17064**

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\*\*Waiver: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any or all other risks associated with running or attending the race, including but not limited to falls, contact with other participants, the effects of the weather, and the condition of the trail, all such risks being known and appreciated by me. Knowing these facts and in consideration of your accepting my entry fee. Thereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Pretzel City Sports, the race committee, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of my participation in this event. This waiver extends to all l claims of every kind or nature what so ever, foreseen, or unforeseen, known or unknown. By entering this race I am granting permission to all parties affiliated with the race to use any pictures or likeness of me secured at the event in any way they see fit without review, restriction, or compensation.

Participation in any Governor Dick Environmental Center (GDEC) or Clarence Schock Memorial Park (CSMP) activity and use of any facilities involves a risk of accidental injury despite all safety precautions. Having been informed of the activities conducted by the GDEC or CSMP, I/we, as an individual or as a parent or guardian of the participants named herein, assume all risks and hazards incidental to the activities. I release from responsibility and agree to indemnify and hold harmless the GDEC or CSMP, its officers, directors, independent contractors, volunteers, and all employees for any illness or injury to me or my children or family members occurring during his/her/our participation in any activity or use of any facility at or conducted by the GDEC or CSMP.

Photographs may occasionally be used in promoting programs, activities, and volunteer opportunities for the park. Names and personal information will not be used/attached to the photo. End waiver \*\*\*

**I HAVE READ AND UNDERSTAND THIS WAIVER: (IF UNDER 18, LEGAL GUARDIAN MUST SIGN)**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Did you sign BOTH SIDES of this sheet?**