

4th Annual

THE DAM HALF

1/2 Marathon Trail Race

Sunday, October 19th, 2008

10 am

RB Winter State Park At Halfway Dam – Mifflinburg, PA

A challenging 1/2 marathon trail race through scenic RB Winter State Park and surrounding Bald Eagle State Forest. Runners will encounter over 2000 feet of elevation gain with lot's of dirt, mud, stumps, roots, downed trees, and Rock!!!

Entry Fee: \$25 Pre-registered / \$35 Day of Race

*Make checks payable to *Mid Penn Trailblazers* and mail to *PO BOX 144, Mifflinburg, PA 17844.*

*Please pre-register by *October 13th**

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ Shirt Size (Circle one): S M L XL XXL

Sex: M F Date of Birth: ____/____/____ Race day AGE: _____

EMAIL: _____

WAIVER: I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. 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 affects of the weather, getting lost, wildlife and insect attacks and all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Mid Penn Trailblazers, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, any and all sponsors including their agents, employees, assigns or anyone acting for 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(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER;

SIGNATURE _____ Date: ____/____/____

SIGNATURE OF GUARDIAN (If less than 18) _____

COURSE: Challenging course that includes single and double track trails with some portions of gravel roads. Three water stops to include energy drink and gels. Some portions of the course are very rocky...PLEASE use caution! The course is overly marked, so no one SHOULD get lost.

GOODIES: Overflowing goody bags, attractive long sleeve T-shirts guaranteed to all pre-registered runners (While supplies last for race day reg), nice top finisher awards, abundant door prizes and refreshments at the finish. Plenty of parking...just follow the signs. Plenty of restrooms as well. Registration will open at 8 am at the pavillion near the rear parking area. Results, pictures, and much more on the race's website:
www.damhalf.com

CONTACT PERSONS: Kevin Warren at wkwarren@ptd.net , Jason Fritz at jasonfritz@dejazzd.com., or Joel Heasley at 570-837-1222.

DIRECTIONS: RB Winter is located along Route 192, 18 miles west of Lewisburg.
From Harrisburg and all points south: Take Rt 15 north to Lewisburg, pick up Rt 192 west to park.
From State College and all points west: Pick up Rt 192 east either from Rt 80 by way of Rt 477 south or hop on Rt 192 in Centre Hall and follow it east for 28 miles to the park.
From Williamsport and all points north: Take Rt 15 south to Rt 192. Follow Rt 192 for 18 miles to the park. Follow the signs from there.

Course Records: MALE – Tadd Morris (2007) ----- 1:34:55
FEMALE – Aimee Baylor (2004) ----- 1:54:38
Directed by **THE MID PENN TRAILBLAZERS / RRCA** Insured

Go to www.damhalf.com for results, pictures and much more.



Thanks to our great sponsors!
-ProTech, Kahtoola, Nathan-
-Integrity Homes, A1 Exteriors, NA Water Systems-
-Accelerade, Yaktrax, Yankz, Milton Rock Gym, Road ID-
-CarbBoom, & Design9Media-



Camping available by contacting 888-PA-PARKS
For more information visit: www.dcnr.state.pa.us