

RACE DETAILS

START/FINISH: the 'pig barn', State Hospital Drive, Danville, PA 17821 (look for signs from parking)

EVENT PARKING: Danville Area Primary School and High School, 733 Ironman Ln, Danville, PA 17821

MAXIMUM FIELD SIZE: 300 Humdinger and Half-Dinger combined

REGISTRATION DEADLINE:

11:59pm February 26, 2019

(11:59pm February 2, 2019 to receive a t-shirt)

if not sold out in advance; no day-of-race registration

PACKET PICK-UP/CHECK-IN:

8:00am—9:50am

RACE AMENITIES:

- mud/snow/water/fields/woods/obstacles!
- professional race management by the **Montour Area Recreation Commission**
- pre- and post-race coffee by **Bason Coffee Roasting**
- post-race hot food by **Brews N Bytes**
- **Old Forge Brewing Company** beer for those 21+
- Chip timing by **Falcon Race Timing**
- Medical support by the **Danville Ambulance Service** (just in case!)
- unique awards for overall male/female winners of the Humdinger and the Half-Dinger as well as for the best dressed 'Dingers (individual and group)
- finisher's medals for all finishers
- custom performance t-shirts for all registrants (if registered by 11:59pm February 2, 2019)

Proceeds from the Humdinger Trail Races will be used by the Montour Area Recreation Commission (MARC) to help operate parks and trails in Montour County.

Learn more about our activities at:

www.MontourRec.com

Thank you for racing with us!

ARE YOU A 'DINGER?

The Humdinger Trail Races are designed to test your early season stamina while shaking off the cabin fever.

What could be more fun than racing through snowy and muddy central PA fields and forests with 300 or so costumed friends and family?

The 'Dingers are meant to be big on both fun and challenge. Whether you're up for roughly four or eight miles of early March trail running and you're in it to win it or just have fun with your family and friends, we have a 'Dinger for you!

More details online at:

www.MontourRec.com/humdinger-trail-races

RACE DIRECTION BY:



WITH THE SUPPORT OF:



Montour County Commissioners' Tourism Fund



The Original
HUMDINGER
TRAIL RACES

Saturday, March 2, 2019
10:00am

Danville Borough Farm
State Hospital Drive
Danville, PA 17821

www.MontourRec.com/humdinger-trail-races





REGISTRATION INFORMATION (PLEASE PRINT)

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Age as of 3/2/19 _____ Gender (circle one) **M** **F**

Email address _____

Phone _____

t-shirt size* (circle one) **S** **M** **L** **XL** **XXL**

t-shirt fit (circle one) **men's** **women's**

*** mail-in registrations must be postmarked by 1/29/19 to receive a t-shirt or by 2/21/19 for no shirt**

RACE (please circle one)	HALF-DINGER	HALF-DINGER STUDENT (UP TO AGE 17)	HUMDINGER	HUMDINGER STUDENT (UP TO AGE 17)
early registration (by 12/31/18)	\$50	\$25	\$55	\$25
early registration—no shirt (by 12/31/18)	\$40	\$20	\$45	\$20
regular registration (1/1/19—2/2/19)	\$55	\$25	\$60	\$25
regular registration—no shirt (1/1/19—2/2/19)	\$45	\$20	\$50	\$20
late registration (2/3/19—2/26/19) NO SHIRTS	\$55	\$25	\$60	\$25

Please mail this completed form and your check or money order payable to 'MARC' to:
MARC | PO Box 456 | Danville, PA 17821

WARNING AND ASSUMPTION OF RISKS AND WAIVER AND RELEASE OF CLAIMS

I recognize and acknowledge that there are certain risks of physical injury to participants in the Humdinger Trail Races, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these activities against the Montour Area Recreation Commission, Danville Area School District, Danville Ambulance Service, Danville Borough, Mahoning Township or Montour County, as well as their officials, agents, volunteers, sponsors, and employees.

I understand that this race is inherently hazardous and the race course will present potentially dangerous obstacles and hazards including, but not limited to: motorized vehicles, mud, ice, fire, flowing water, steep terrain, sharp objects, falls, climbs, dangerous weather conditions and unexpected acts of man or nature.

The Montour Area Recreation Commission insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the race, programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs. I am solely responsible for determining if I or my minor child/ward is physically fit and/or skilled for the race or activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant or disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. It is acknowledged that the risks of injury or damages may be inherent in this activity and that I accept full responsibility for my (or my child/ward's) own voluntary decision to participate in the activity and I fully assume the risks of injury and damages from both known and unknown causes, both obvious and hidden conditions and conditions for which warnings were or were not specifically provided.

I do hereby fully release and forever discharge the Montour Area Recreation Commission, Danville Area School District, Danville Ambulance Service, Danville Borough, Mahoning Township, Montour County, their officials, agents, volunteers, sponsors, and employees, from any and all claims for injuries, illnesses, damages, expenses, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the race, program or activities. When registering online, my online signature shall substitute for and have the same legal effect as an original form signature.

In the event of personal injury, I consent to emergency medical care and transportation as medical professionals may deem appropriate. This release extends to any liability arising out of, or in any way connected with, the medical treatment and transportation provided in the event of an emergency by representatives of Geisinger Health System/Geisinger Sports Medicine, Danville Ambulance Service, or any other medical organization which may intervene on my behalf.

I hereby grant permission to the Montour Area Recreation Commission, their affiliates, sponsors, and assigns, to use any photographs, motion pictures, recordings or any other record of this event for any purpose including, but not limited to, promoting, advertising and marketing purposes. Any and all photographs, motion pictures, recordings or other records of the event made by the Montour Area Recreation Commission or its affiliates or assigns are the sole property of the Montour Area Recreation Commission.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims and I am voluntarily participating in this event.

Name (printed) _____ Name (signature) _____
(parent/guardian's signature if under 18)

Date _____