

GO OFF-ROAD, GET DIRTY, AND HAVE SOME FUN!

The Indiana Road Runners Present Indiana County's Premier Trail-running Event!



The Run with the Deer Flies 15K/ 25K

When: Sunday July 28, 2019 8:00AM

Where: Seph Mack Boy Scout Camp

North Shore of Yellow Creek State Park, Penn Run, PA



Why: *"That was the most challenging thing I've ever done and I'm so happy I finished"* is how one finisher felt. How about you? Stretch your limits, challenge your fitness, get one with nature on a mix of single-track trail, pipeline roads, swamps, hills, and creek crossings. **Improved Course Markings for 2019!!** Aid stations approximately every 4 miles, carrying water strongly recommended. Post-race doughnuts and chocolate milk. **"If your running is stale, then meet the Fly and run the trail."**

Two ways to sign up: Register on-line at RunSignUp.com "Run with the Deer Flies 25k & 15k"
OR

Fill out this form, make check payable to IRRC Deer Fly Run, and mail to: **Deer Fly Run**
522 Locust St
Indiana, PA 15701

Registration fee is \$30.00 up to July 18th

Registration fee is \$40.00 after July 18th and on race day

Online Registration Closes July 24, 2019 Race day registration/packet pick up 6:30AM to 7:30AM.
Shirts guaranteed to registrations received by July 17, 2019, no guarantees thereafter

Each race capped at 100 participants so register early!

For more info contact Darryl Walker dwalker100k@gmail.com 724-422-8388

Awards: All survivors receive a finisher's award. First Place overall male and female finishers get an award as well as First Place male and female master.

Proceeds benefit Yellow Creek State Park & Camp Seph Mack

For safety and insurance reasons, no strollers, roller blades or dogs are permitted

I hereby waive and release all rights for claims or damages or suit I may have against Camp Seph Mack, Yellow Creek State Park, Cherry Hill Township, Indiana Road Runners Club (IRRC) and any other officials and sponsors of the Run with the Deer Flies Trail Run to be held on July 28, 2019.

SIGNED: _____ (include parent if under 18)

NAME: _____ Phone _____

EMAIL ADDRESS: _____

ADDRESS: _____ City _____ STATE _____ ZIP _____

BIRTHDAY ____/____/____ AGE RACE DAY _____ SEX _____

Emergency Contact: _____ Emergency Phone _____

Shirt Sizes: S _____ M _____ L _____ XL _____ Race Distance: ____15K____25K