

# 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 30, 2023 8:00AM

Where: Seph Mack Boy Scout Camp, North Shore of Yellow Creek State Park, Penn Run, PA

**Race Directors: Bill Serafin and Steve Pagano**

**Benefits Indiana County Parks & Trails and Citizens' Ambulance Service**



**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. Gatorade at aid stations approximately every 4 miles, carrying water strongly recommended. Post-race doughnuts, chocolate milk and more. **"If your running is stale, then meet the Fly and run the trail."**

Register on-line at [RunSignUp.com](http://RunSignUp.com) "Run with the Deer Flies 25K & 15K" or

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

Registration fee is \$35.00

Online Registration Closes July 26, 2023 Race day registration/packet pick up 6:30 AM to 7:30 AM

Shirts guaranteed to registrations received by July 17, 2023, no guarantees thereafter

Each race capped at 100 participants so please register early!

For more info contact Bill Serafin 724 422-5323 [billys5@verizon.net](mailto:billys5@verizon.net)

**Race Shirts  
Compliments of  
Allied Milk Producers**

**Awards:** First Place Overall Male and Female. Finisher's awards to all.

For safety and insurance reasons, strollers or dogs are not permitted

Waiver: I, for myself and anyone entitled to act on my behalf, waive and release Indiana Road Runners Club, event workers, event sponsors and property owners from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

SIGNED: \_\_\_\_\_ (parent signature required if under 18)

RACE DISTANCE: 15K \_\_\_\_\_ 25K \_\_\_\_\_

NAME: \_\_\_\_\_ Phone \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

AGE RACE DAY \_\_\_\_\_ GENDER \_\_\_\_\_ SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ EMERGENCY PHONE \_\_\_\_\_