



# Glacier Ridge Trail Ultramarathon & Trail Race

**May 11, 2019**

30K Trail Run / Endurance Hike • 50K Ultramarathon  
50 Mile Ultramarathon • 50 Mile 5-person Relay

- 30k Start @ 8:00-am with 7-hour Cut-off.
  - 50k Start @ 7:00-am with 10-hour Cut-off.
  - 50-mile Ultramarathon start @6:00-am with 14-hour Cut-off.
  - 50-mile and relay start @ 6:00-am with 14-hour Cut-off.
- Up to 5 team members.

*All registrants receive a unisex technical shirt*

Start/Finish for all race distances at McDanel's Launch at the western end of Lake Arthur in Moraine State Park, North Shore, near Portersville PA.  
Start/Finish Coordinates: 40°58'00.00"N 80°07'31.00"W.

**Additional Race Information available at [www.glaciterridgetrailultra.com](http://www.glaciterridgetrailultra.com)**



Name: \_\_\_\_\_ Event: 30K 50K 50Mile 50Mile Relay  
(Circle one)

Street Address: \_\_\_\_\_ DOB: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

\_\_\_\_\_ Male \_\_\_\_\_ Female Unisex Shirt Size: XS S M L XL XXL  
(Circle one) (suggest females order 1 size down)

\_\_\_\_\_ I will attend Pre-Race dinner (\$5.00/plate...see below ◊)

Emergency Contact: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

In consideration of the acceptance of my application into the Glacier Ridge Trail (GRT) Ultramarathon and Trail Race, I freely agree with the following contractual representations and agreements:

I fully realize the dangers of participating in this endurance event which traverses difficult and hazardous terrain and which may expose me to dangerous conditions. I understand that I may be exposed to various risks inherent in an event of this type, including, but not limited to injury or death from foreseeable and unforeseeable factors which may include dehydration, extreme heat, extreme cold, snow, ice, electrical storms, darkness, falls, encounters with animals or humans, hazards from vehicles and road crossings, getting lost or being injured in a remote location where medical attention may not be timely provided. I have been warned that I should not participate in the event unless I am in excellent physical condition and have an appropriate level of trail running experience. I voluntarily accept all risks associated with my participation in this event, and for myself and for anyone entitled to act on my behalf, waive and release the GRT Race Director(s), committee members, officers, directors, sponsors, volunteers, Commonwealth of Pennsylvania Department of Conservation and Natural Resources employees, their representatives, and successors from all claims and 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. Further, I grant permission to all of the foregoing to use any photograph, video, or recordings for any legitimate purpose. I also agree to abide by the decisions of race officials regarding my continued participation in the event, whether based upon my failure to abide by rules or meet cut-off times, or due to medical condition or other reasons. I also agree and accept the provisions of the Refund Policy, as stated on the event website. **Must be 18 years of age or older on race date to register.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Race Distance	Race Fee Thru 01/31/19	Race Fee After 01/31/19 <sup>(1)</sup>	Pre Race Dinner ◊	Shirts not guaranteed for registrations after 4-12-19 (1) Race Day Registration, if available, additional \$5 (2) Each relay member to submit registration, identify captain and team name.	On Line Registration Available Through May 9, 2019 -or- Make Checks Payable to: GRT Ultra, Inc. & mail to: 215 Nichola Road Worthington, PA 16262
30k	\$ 65	\$ 80	Add \$5.00		
50k	\$ 75	\$ 90	Add \$5.00		
50 Mile	\$ 85	\$ 100	Add \$5.00		
50 Mi Relay	\$ 250 <sup>(2)</sup>	\$ 275 <sup>(2)</sup>	Add \$5.00/person		