

The Eagle Trek
Zindel Park, McElhattan, PA
May 15, 2016 at 12:00 NOON
Rain or Shine!!

The 7th Annual Eagle Trek is a 12 mile, 6 mile, or family adventure hike to support the Lock Haven Catholic School P.T.O. Over the last five years, the Eagle Trek has raised nearly \$25,000 that has been donated to organizations in and around the surrounding area. The hike started as an Eagle Scout project and seven years later continues to provide support to non-profit agencies.

The Eagle Trek will take the hiker/runner on various trails through the beautiful Bald Eagle Mountains. The 12 mile course has steep climbs and descents with rugged and rocky terrain that will challenge even the experienced hiker. The 6 mile course is relatively flat with one long gradual incline and rocky terrain. The family adventure is an easy course approximately 1 mile in length. It is a great way to enjoy nature together. There will be activities that will enhance the exploration of the outdoors.

Registration Information

- **Pre-registration fee \$25.00; Family of four \$75**
(Due date April 25th; this reserves a t-shirt)
- **Registration on May 15th opens at 10:00 a.m at Zindel Park**
- **Make checks payable: Lock Haven Catholic School P.T.O.**
- **Send registration forms and fees to “Eagle Trek” 311 West Water Street, Lock Haven, PA 17745**

Directions: From Lock Haven, take exit 220 North towards Williamsport. The first exit is McElhattan. Take this exit. Take a right at the stop sign. You will see a yellow “No Outlet” sign; follow this road to Zindel Park. The road will turn into a bumpy access road. Watch your speed.

“The Eagle Trek” Registration

Last Name _____

First Name _____

Address _____

City, State, Zip _____

Phone _____ **E-mail** _____

Shirt Size: YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____ AXXL _____

6 mile _____ **12 mile** _____ **Family hike** _____

For more information please contact Tina Garbrick @ 570-660-0687 or wgarbric487@comcast.net

Informed Consent:

INFORMED WAIVER CONSENT AND RELEASE AND EXPRESS ASSUMPTION OF RISK

CITY OF LOCK HAVEN, LOCK HAVEN CITY AUTHORITY, AND WAYNE TOWNSHIP

I, _____ (name) wish to participate in the Eagle Trek, to be held on May 15, 2016.

I understand that injuries and loss of property can be a consequence of my participation in this activity. I know that there may be traffic hazards, debris, poor footing on the course as well as other hazards and I appreciate the character of risk involved, including but not limited to falls, contact with other participants, and the effects of weather. Appreciating the character of the risks involved, I voluntarily assume all risks of possible harm or injury, which I may incur as a result of participating in this activity. 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 the City of Lock Haven, Lock Haven City Authority, Wayne Township, Nature Conservancy, Lock Haven Catholic School, Lock Haven Catholic School PTO, their officials, employees, and the Eagle Trek volunteers and agents from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known, or unknown.

In consideration of my being able to participate in this activity and accepting this risk, I for myself, my heirs, executors, administrators and assigns, expressly and explicitly agree to assume these risks and to release and indemnify and hold harmless the City of Lock Haven, Lock Haven City Authority, Wayne Township, Nature Conservancy, Lock Haven Catholic School, Lock Haven Catholic School PTO, their officials, employees, the Eagle Trek volunteers and agents who might otherwise be liable to me (or my heirs or assigns) for damages of whatsoever kind of nature. I furthermore explicitly release, discharge, and waive any and all responsibilities of the City of Lock Haven, Lock Haven City Authority, Wayne Township, Nature Conservancy, Lock Haven Catholic School, Lock Haven Catholic School PTO, their officials, employees, the Eagle Trek volunteers and agents pursuant to or related to or arising from, in any manner, injuries to me as a result of my participation in this activity.

I attest that I am physically fit and sufficiently trained for the completion of this event and that I have the experience and ability to complete the activity safely.

I have read, understood, and accept the waiver and release above. By my signature below, I certify that I completely understand this document. Also, I certify that I am at least 18 years of age or older and not under the influence of any drugs or alcohol.

Participant Signature: _____ Date: _____

Participant Signature: _____ Date: _____

Participant Signature: _____ Date: _____

Participant Signature: _____ Date: _____

“Eagle Trek Representative” Signature: _____ Date: _____