Twisted Turtle Trail Tussle

March 30, 2019

Through February 28:
- $35 for 5k/10k
- $20 for U13 runners with paying adult*

March 1 fees increase to:
- $40 for 5k/10k
- $20 for U13 runners with paying adult*

Race Day Registration:
- $45 for 5k/10k
- $25 for U13 runners with paying adult*

*Limit 2 youth per 1 adult

Race Overview

As the snow melts and turtles emerge from hibernation, we invite runners and walkers to break out their shoes and tackle the trails of Strawberry Hill Nature Preserve for the Twisted Turtle Trail Tussle. Historically held in November, this race has been moved to March 30, 2019. While the date of the race has changed, runners will still be able to choose between a 10k power walk, 5k run or 10k run. Proceeds benefit students pursuing Wilderness Medicine Certifications and Strawberry Hill Programming.

Race Day Schedule

10:00 am: Check-in begins for all racers
11:40am: Power walker briefing
12:00pm: Power walkers begin 10k course
12:00pm: Walk-Ins must register by this time to ensure chip is active
12:30am: Check-in closes
12:35am: 5k/10k Course briefing
12:50am: Racers to the start lines
12:58am: Racers move onto the road & traffic stops
1:00pm: Racers begin 5k/10k course
3:00pm: Awards, raffle, and recovery with beer and food.

Course Descriptions

This is a trail race: the route has rocks, mud and slippery stuff. It is a challenging course that, while marked, may be difficult to navigate at times.

Course Maps will be posted in February.
**Twisted Turtle Trail Tussle**  
**March 30, 2019**

**Registration and Payment:** Registration includes Chip Timing, and finisher prizes. Register here:  
[https://commerce.cashnet.com/GRABPrograms](https://commerce.cashnet.com/GRABPrograms)

Through February 28:
- $35 for 5k/10k racers and power walkers  
- $20 for U13 runners with paying adult, limit 2 children per adult

March 1, fees increase to:
- $40 for 5k/10k racers and power walkers  
- $20 for U13 runners with paying adult, limit 2 children per adult

March 30th, Race Day Registration:
- $45 for 5k/10k racers and power walkers  
- $25 for U13 runners with paying adult, limit 2 children per adult

**Refunds:** Entry Fees are non-transferable and non-refundable. This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. Should the event be canceled, there are no refunds.

**Directions:** [http://strawberryhill.org/directions/](http://strawberryhill.org/directions/)

**Parking:** There is limited parking next to the main office, but due to the race numbers we will use the upper parking lot, located ¼ of a mile from the start of the race. If for some reason you are running late and are arriving after 12:30pm, we highly encourage you to be dropped off at the Nature Center, while someone continues on to park your car. It is a short hike from the parking area, but it takes time to walk back down to the registration area.

**Weather:** This run takes place in early spring. Historically, temperatures have been as low as 40, or as high as 61. Muddy conditions from melting snow and spring rains may also be part of the equation. We recommend keeping warm, dry layers on hand to change into after the race.

**Belongings/Bag Check:** You will be able to leave a Runners Bag at the Nature Center for the duration of the race. Remember the weather, it will be cold (relatively speaking), so have layers ready for the end of the race.

**Toilets:** There are four portable toilets next to the Nature Center that you can use as “comfort stations” prior/after the run. On the course, runners may select a tree as needed. Please remember to Leave No Trace.

**Aid Stations:** Aid stations will have water, medical equipment, and staff that can assist you if needed. Water is provided at the start and finish of the race. For 5k racers, aid stations will be at mile 2.2 and 2.6. For 10k racers, aid stations will be at miles 1.3, 4.2 and 5.5.

**Race changes:** If you plan to change from one race to the other, please notify us by noon on Thursday so we can adjust your bib number and notify PA Runners to recode your chip.

**Dogs and other leashed creatures:** Though we love your fine furry friends, we politely ask everyone to refrain from running with a dog, cat, mouse, turtle, etc.

**Awards:** The awards ceremony begins promptly at 3:00pm. Awards will be given to the top female and male runners for each age category (U15, 15-49, 49+) for the 5k and 10k race.

**Questions?** Email grab@gettysburg.edu or call (717) 337-6319.