



Hocking Hills State Park, Logan, OH
45th Annual Trail Run
 September 16, 2023

The Hocking Hills Trail Run winds through vast wooded areas of the Hocking Hills State Park (HHSP) and the Hocking State Forest, crossing small streams, uphill and down. The route covers some dirt roadways and pavement. The deep gorges' shimmering waterfalls and lush forests provide the ultimate challenge to your powers of concentration.

Information

Chip timing for all races. Runners meet and finish at the Naturalist Cabin at Old Mans' Cave 19852 St. Rt. 664 S. Logan, Ohio. Awards are passed out at the end of the race and final results are verified; there is no awards ceremony. For more detailed information, visit ExploreHockingHills.com

Register

- Online registration on ExploreHockingHills.com under the Things To Do tab. (small processing fee)
- OR Mail registration form below
- OR register the day of the Run

Race Start Times

All 60K runners: - 7 a.m. / **all 40K runners:** - 8 a.m.
20K, 10K, 5K - individual start times between 9 & 11 a.m.
 Runners must start before 11 and end before 3 pm to be considered for timing and awards. Check in early.

Entry Form Please print legibly. Return by Sept. 09, 2023 for pre-registration fee of \$30.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ E-mail (Required) _____

→ Emergency Contact (Required): _____ Phone _____

→ Birthday _____ Age (on Sept. 16, 2023) _____ → Circle one: Male Female

→ Please circle the race you will be running: 5K 10K 20K 40K 60K

→ T-Shirt Size (circle one): **Unisex sizes** Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL

Entry Fee: Pre-registration - \$30 if postmarked or online by 8:00am Sept. 09, 2023 (includes T-Shirt)
 \$40 on Race Day (includes T-Shirt as available, size not guaranteed) No refunds after Sept. 13, 2023

WAIVER: In consideration of the entry being accepted, and of being allowed to participate in the Hocking Hills Trail Run, I, hereby, and for my minor child, heirs, executors and administrators, waive, release and forever discharge, and save harmless from any and all claims for damages and causes of action which may occur, including consequential damages, I may have against the Ohio Department of Natural Resources and the Hocking Hills Tourism Association, their representatives, successors, and all other organizers and sponsors and assigns for any and all injuries and damages suffered by me or my child at this meet, whether caused by the negligence of the Ohio Department of Natural Resources, the Hocking Hills Tourism Association, or otherwise. I certify that I am, or my minor child is, an amateur athlete. I further certify that I or my minor child have trained sufficiently to participate in this meet. I am, or my child is, in good physical condition and this has been verified by a physician within the last six months. I also give permission for the free use of my name and/or pictures in any broadcast, telecast or other account of this event. My signature indicates my agreement to assume all risks and abide by the rules and decisions of the meet committee and organizers.

SIGNATURE _____ DATE _____
 (parent or guardian if runner is under 18 years of age)

Make check payable to: Hocking Hills Tourism Association Mail completed form with payment to:
 Trail Run c/o HHTA, 13178 State Route 664 South, Logan, Ohio 43138
 Trail Run is sponsored by the Hocking Hills Tourism Association.
 For more details on the Trail Run, call 740-385-2750 or visit: explorehockinghills.com, Things To Do tab