

7th Annual **Laurel Run Switchbacker 10K**

(a.k.a. **Tussey Teaser #1**)

Date: Saturday, March 13, 2010

Start: 10 AM

Location: Start and finish near Tussey Mountain Ski Area parking lot. Park in the second (far) gravel lot on the left.

Course: Out and back on Leg #1 of the Tussey Mountainback 50 Mile Relay and Ultramarathon course.

Registration Fee: *None*. Mail, or bring to the run, a signed waiver form. Mail to: Switchbacker 10K, 103 E. Hamilton Ave., State College, PA 16801.

Awards: Door prizes. Runners completing all 5 Teasers are eligible for a grand door prize.

Course records:

Male: David Rasmussen 37:45 (2009) Female: Anna Kobb 45:20 (2009)

Directions: From State College, take State Route 322 east about 1 mile past Boalsburg, turn right onto Bear Meadows Road, follow to the ski lodge. Park in the second (far) gravel lot on the left.

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## Upcoming 2010 Tussey Teasers Schedule:

**April 10: Tussey Teaser #2: Tussey to Whipple 11 Miler. 9 AM.** Legs 1, 2 and 3 of the Tussey Mountainback 50 course. Econo-race (free).

**May 8: Tussey Teaser #3: Beidleheimer Sidewinder 10K. 10 AM.** Leg 4 (in reverse) of the Tussey Mountainback 50 course. Registration, age- and gender-graded awards.

**June 6: Tussey Teaser #4: Treaster Kettle Test-Your-Mettle 10.6 Miler. 8:30 AM.** Out and back on Leg #10 of the Tussey Mountainback 50 course. Econo-race (free).

**June 27: Tussey Teaser #5: Bear Meadows Made in the Shade 7 or 10.6 Miler. 8:30 AM.** Econo-race (free), door prizes. Two single loops with the same start and finish at Bear Meadows Natural Area. Run 7.0 or 10.6 miles, you choose the distance!



Register online for the

October 16, 2010  
Just for the hill of it!  
tusseymountainback.com

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## 7th Annual **Laurel Run Switchbacker 10K**

**How did you find out about this event?:** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town, State, Zip Code:** \_\_\_\_\_

**Phone Number - Day:**(\_\_\_\_\_) \_\_\_\_\_, **Evening:** (\_\_\_\_\_) \_\_\_\_\_

**E-Mail:** \_\_\_\_\_ **Sex:** M\_\_\_ F\_\_\_, **Age (on race day):** \_\_\_\_\_

**Send this completed form to this address, or bring to the run: Switchbacker 10K, 103 E. Hamilton Ave., State College, PA 16801.**

In consideration of this entry being accepted, I (please print) \_\_\_\_\_, do hereby indemnify, hold harmless, assume liability for, MTB50, the Laurel Run Switchbacker 10K race, its sponsors, volunteers and employees, the Commonwealth of Pennsylvania, its agents, servants, employees, officers and directors, from any and all costs and expenses including but not limited to, attorney's fees, reasonable investigative and discovery costs, court costs, and all other sums which the Laurel Run Switchbacker 10K race, its agents, servants, employees, officers and directors may or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action, founded thereon, arising or alleged to have arisen out of my participation in the Laurel Run Switchbacker 10K or my use of real or personal property belonging to the Commonwealth of Pennsylvania, its cities, towns, agents, servants, employees, officers, and directors, or by any action or omission by me.

**Signature (required):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**(If under 18, parent or guardian must sign):** \_\_\_\_\_ **Date:** \_\_\_\_\_