

5th Annual **Treaster Kettle Test-Your-Mettle 10.6 Miler**

(a.k.a. *Tussey Teaser #4*)

Date: June 6, 2009

Start: 8:30 AM

Location: Start and finish at Colyer Lake boat launch parking lot.

Course: Out and back on Leg #10 of the Tussey Mountainback 50 Mile Relay and Ultramarathon course. **Water:** at mile 5.3 (Bear Meadows).

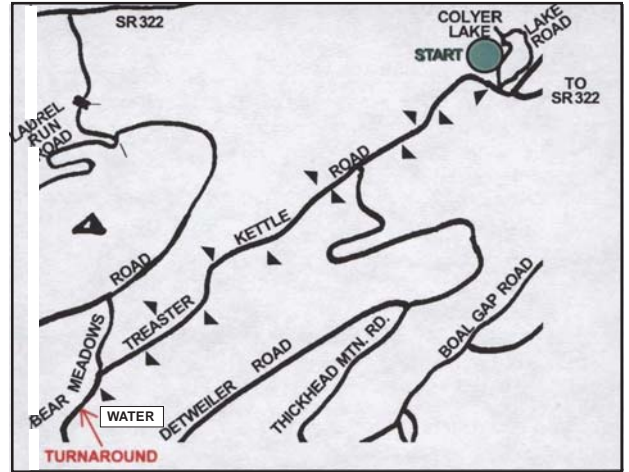
Registration Fee: None! Mail or bring to the run the waiver forms below. (Mail to: Treaster Kettle TYM, 103 E. Hamilton Ave., State College, PA 16801.)

Shirts: Authentic "Test-Your-Mettle" shirt will show off your fortitude. Available for \$8 if waiver and fee received by May 25, and while supplies last. Make checks payable to "MTB50."

Awards: Door prizes. **Course records:** Male: Artie Gilkes 1:09:09 (2006), Female: Meira Minard 1:14:34 (2006).

Directions: From State College, take State Route 322 east, turn right onto Taylor Hill Road (shortly after Shaner ball fields), right onto Church Hill Road, right on Bubb, right on Lake Road, follow to parking lot on right (park in back of lot).

mettle – vigor and strength of spirit or temperament; staying quality.



To find out about other runs in Rothrock State Forest, visit the Tussey Mountainback website at www.tusseymountainback.com

Don't miss the final (free) Teaser run! Details at >>>>

June 28: Tussey Teaser #5: Bear Meadows Made in the Shade 7.0 or 10.6 Miler. 8:30 AM. Econo-race (free). 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

TUSSEY MOUNTAINBACK
50 MILE RELAY
and ULTRAMARATHON

October 3, 2009
Just for the hill of it!
tusseymountainback.com

5th Annual **Treaster Kettle Test-Your-Mettle 10.6 Miler**

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):**_____, **T-Shirt (Optional, \$8 each)(Men's):** S___ M___ L___ XL___ None___

For TKTYM shirts, make check payable to "MTB50."

Send preregistration forms to: Treaster Kettle TYM, 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 Treaster Kettle Test-Your-Mettle 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 Treaster Kettle Test-Your-Mettle 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 Beidleheimer Sidewinder 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:** _____