

21st Annual **Beidleheimer Sidewinder 10K & 20K**
(a.k.a. Tussey Teaser #3)

Date: May 4, 2024



Start Times: 20K - 9:00 AM; 10K - 9:30 AM

Bring your gently used running shoes for Sneakers4Good!

Location: Whipple Dam State Park.

Course: A rolling out-and-back race on unpaved forest roads in Central PA's scenic Rothrock State Forest. Choose your distance, 10K or the full 20K option! Both courses use Leg #4 of the Tussey Mountainback 50M course. Runners start and finish at Whipple Dam State Park.

Registration Fee: **None!** Bring a signed waiver form or complete one when you arrive.

Awards: Age and gender-adjusted scoring using WMA (World Masters Athletics) data. Random prizes.

Course records: 10K - M: Ryan Sullivan 37:13 (2021), F: Chloe Connor 46:12 (2021)

20K - M: Owen Wing 1:12:33 (2021), F: Baylee Robey 1:32:27 (2021), NB: Winter Parts 1:04:18 (2022).

Directions: From State College, take State Route 26 south to Whipple Dam State Park, beach road. From Altoona, take I-99 to the Tyrone exit, then 453 south, then go left on 550 north. At Warriors Mark, go right on 350 south. At Seven Stars, turn left on 45 east to Pine Grove Mills. At the flashing light, turn right, follow SR 26 over the mountain to WDSP.

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



Register online for the
TUSSEY MOUNTAINBACK
50 MILE RELAY
and ULTRAMARATHON
October 27, 2024
Just for the hill of it!
tusseymountainback.com

Don't miss the other Tussey Teaser runs! Details at >

June 2: Treaster Kettle Test-Your-Mettle 10.6 Miler.
8:00 AM. Colyer Lake. Out and back on Leg #11 of the CCW Tussey Mountainback 50 Mile Relay and Ultramarathon course.

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How did you find out about this event?: _____ Check One: 10K 20K

Name _____ Bib # _____

Address: _____

Town, State, Zip Code: _____

Phone Number - Day:(_____) _____, Evening: (_____) _____

E-Mail: _____ Gender: M ___ F ___ Non-Binary ___ Prefer Not to Disclose __, Age (on race day): _____

Bring this waiver to the race or mail to: Sidewinder, 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 Sidewinder 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 Sidewinder 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 Sidewinder race 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. I approve the use of any photos or video that may be taken at the race, and by my signature I agree to the online USATF waiver.

Signature (required): _____ Date: _____

(If under 18, parent or guardian must sign): _____ Date: _____