

20th Annual **Treaster Kettle Test-Your-Mettle 10.6 Miler**  
(a.k.a. Tussey Teaser #4)

Date: June 2, 2024

Start: 8AM

\*Bring you gently used running shoes to support Sneakers4Good!\*

Location: Lake Road, near Colyer Lake south access parking lot.

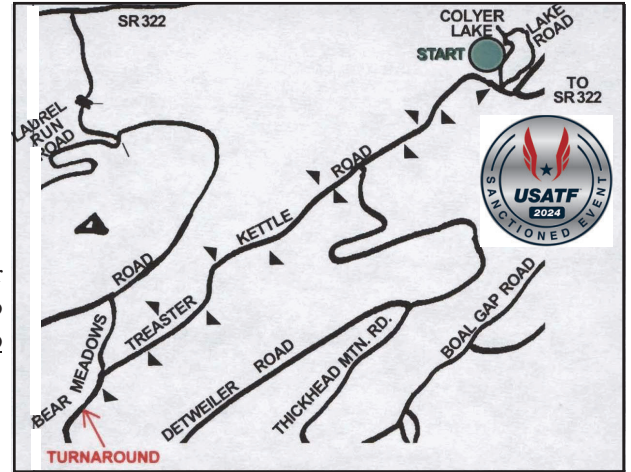
Course: Out and back on Leg #11 of the counterclockwise Tussey Mountainback 50 Mile Relay and Ultramarathon course. **Water:** at mile 5.3 (Bear Meadows).

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

Shirts: An authentic Treaster Kettle Test-Your-Mettle shirt will show your fortitude! We'll order shirts if at least 6 are ordered by May 20. Email us to reserve yours: [info@tusseymountainback.com](mailto:info@tusseymountainback.com). Make checks payable to "MTB50."

Awards: Random prizes. **Course records:** M: Joseph Clark 1:03:39 (2021), F: Kira Garry 1:08:45 (2022).

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



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 paved parking lot on right.

To find out about other runs in Rothrock State Forest, visit the Tussey Mountainback website at [www.tusseymountainback.com](http://www.tusseymountainback.com)

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

**June 23 Tussey Teaser #5: Eager Seeger Half Marathon.**  
**8:00 AM.** Includes Legs 6-8 of the CCW course: A killer hill and great scenery! Series door prizes awarded. Free.



Register online for the

**TUSSEY MOUNTAINBACK**  
**50 MILE RELAY**  
**and ULTRAMARATHON**

October 27, 2024  
Just for the hill of it!  
[tusseymountainback.com](http://tusseymountainback.com)

20th Annual **Treaster Kettle Test-Your-Mettle 10.6 Miler**

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

Name \_\_\_\_\_

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

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

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

E-Mail: \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_ Non-Binary \_\_\_ Prefer Not to Disclose \_\_

Age (on race day):\_\_\_\_\_, TKTYM Technical Shirt (Optional, \$15) (Women's): S \_ M \_ L \_ XL \_ (Men's): S \_ M \_ L \_ XL \_ None \_.

To reserve your shirt, email us by 5/20 at [info@tusseymountainback.com](mailto:info@tusseymountainback.com). May also be available on race day.

Send preregistration forms to: MTB50, 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, Potter Township, 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 Beidle-heimer 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. 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: \_\_\_\_\_