

# Dirt Monster 5 Mile Trail Race/1 Mile Walk

Saturday, November 6, 2010 at 9:30 AM in North Park

To Benefit the Obsessive Compulsive Foundation of Western Pennsylvania

## The Event

This 5 Mile cross country trail race and 1 mile walk in North Park starts and ends near the Grant Pavilion on Wildwood Rd. near the intersection of Babcock Blvd. The challenging full race course winds its way along dirt roads and unpaved trails. The 1 mile trail walk follows the rolling first section of the race course.

## The Shirt

Participants mailing their registration form prior to October 20 will receive a unique shirt as part of their registration. Size preference and availability of the shirts are not guaranteed for late registrations. Shirt and race packet pick up on the day of the race from 8:15 to 9:15 AM.

## Team Competition

3 Member teams may be entered in all male, all female and co-ed divisions. All team members must be individually registered for the race and will be eligible for individual awards. Please include an additional \$5 fee per team.

**FOR EVERYONE'S SAFETY NO  
DOGS, STROLLERS OR HEADPHONES  
ARE ALLOWED ON THE  
FULL 5 MILE RACECOURSE**

## Awards

Merchandise Awards will be given to the top 3 Open and Masters Male and Female finishers.

Prizes will also be given in age categories:

Under 18	40-49
18-29	50-59
30-39	60 and up

## Entry Fees

\$15 Postmarked by October 30  
\$20 Day of event  
\$5 per team (individual entry fees also required)

Mail the form and early registration fee to:  
Race Director/ Dirt Monster Trail Race  
1773 Ferguson Rd.  
Allison Park, PA 15101

Make Checks Payable to: **OCFWPA**

Online registration at [www.ocfwpa.org](http://www.ocfwpa.org)

Race Day Registration/Package Pick Up at the Grant Pavilion Saturday, Nov 6 from 8:15-9:15 AM

*Registration Fees are Not Refundable*

For more information email inquires to  
[info@ocfwpa.org](mailto:info@ocfwpa.org)

**4th Annual Dirt Monster Trail Race  
Saturday, November 6, 2010, 9:30AM**

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Gender (Circle One): Male or Female

Event (Circle One): 5 Mile Run or 1 Mile Walk

Team Category : All Male or All Female or Coed

Team Name: \_\_\_\_\_

Team Members: \_\_\_\_\_

T-shirt Size: YM YL S M L XL XXL

*Shirt not guaranteed if postmarked after October 20*

**I hereby certify that I am in good physical condition and hereby assume all risks and liabilities related to my participation. I understand the race course is a mixture of dirt roads and trails with uneven surfaces. I hereby for myself, my heirs, executors, administrators, and assigns, release the Obsessive Compulsive Foundation of Western Pennsylvania, the OCF, All Race Sponsors, any municipalities or other public entities (and their respective agents and employees) and all volunteers from all claims for injury suffered by me while participating in this event. I understand that the entry fee is non-refundable. I also give permission for free use of my name, picture, or likeness for any purposes related to the race.**

\*Signature: \_\_\_\_\_

\*Signature of Parent/Guardian if age 18 or under:

**We Count!  
The OC Foundation of Western PA**

## SPONSORS

*Houghs Sports Bar*

*Giant Eagle*

*Pittsburgh Center  
For Complementary  
Health and Healing*

*Running Wild*

*Allegheny Pest Control*

*Dick's Sporting Goods*

*Robert Hudak, MD*

*Joan Kaylor, MSED, NCC, LPC*

*Robin Richardson, LCSW*

*Frank Ghinassi, PhD*

*And Others...*

Obsessive Compulsive Disorder is an often debilitating mental illness characterized by recurrent, intrusive thoughts which cause intense anxiety. These thoughts often lead to repetitive behaviors which help to reduce the anxiety. Symptoms wax and wane but they can often interfere with a person's ability to perform daily tasks most of us take for granted.

It is estimated that 2.5% of the population suffer from OCD. Often appearing in childhood, this disorder can interfere with a child's ability to fully benefit academically in school even if they are quite bright. In its severe form, OCD can prevent a person from maintaining employment.

The Obsessive Compulsive Foundation is a not for profit organization dedicated to securing effective treatment for people with OCD. This organization supports research into the causes and treatment of OCD, education about OCD as well as patient support and informational services. The OC Foundation of Western PA is an affiliate of this group which aims to bring these programs and services to our local area.



**5 Mile Trail Race  
and 1 Mile Trail Walk  
Saturday, Nov. 6, 2010  
9:30 AM**

**Grant Pavilion  
North Park**

**To Benefit the  
Obsessive Compulsive Foundation  
of Western Pennsylvania**