

5K Gretna Gritty Runners Information – (Ages 12 & UP)

This event starts and finishes in **The Village**

Personal Belongings/Bags – Can be placed in the shelters along the woods at the entrance to the start/finish area in the Village. This is not a “bag check” – leave items at your own discretion.

First Aid and Hydration Stations – are staged along the course near the 1.5 and 2 mile markers. There will also be igloos of water at the start/finish area and food area.

Awards Ceremony (Competitive heats only) – Our awards ceremony is expected to start around 9:30am near the start and finish line. The top three Teams, and the top three Male and Female Individuals will be crowned the Gritty champions.

Outdoor Showers – Near the Start/Finish Line in the Village

Gretna Gritty Sponsors 2024

Arthur Funk Construction
EHD
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Major League Screen Printing & Embroidery, Inc.
Eastern Pennsylvania Conference of The United Methodist Church

Thank you to these sponsors for supporting Gretna Glen!

Nitty Gritty Runners Information – (Ages 5-11)

This event Starts & Finishes in **The Meadow** from 9am-11:30am

Parents/Guardians–Nitty Gritty trail. Parents are welcome to go along on the Nitty Trail but are not allowed on any of the Nitty Gritty obstacles.

Spectator Information for Both Events

Excellent spectator spots, for both the Gritty and Nitty Gritty, are located throughout the event. Check the Map on the back of this flyer for information and directions to spectator areas. Spectators will not be able to reach every location along the trail. Spectators should not wander into unmarked areas and should avoid standing in the middle of the trail. Thank you.

Gretna Glen Camp & Retreat Center is a ministry of The United Methodist Church



***If you see an emergency please contact a volunteer in a Mustard Yellow Gretna Gritty Volunteer Shirt**

****Ambulance services are at the ready at the Funk Program (check-in) Center for any emergency needs.**

*****If you plan to post photos, please use #gretnagritty**

Post event: Race Times (chip timed only) will be posted online at the runsignup site.

Photos will be uploaded to a google photo album

Welcome to the 2024 Gretna Gritty Fundraiser!

*Most of the people you see today are volunteers!
This event would not happen without them. Thank
You Volunteers!*

Don't Worry, Have Fun, Make Memories.

*I can do all this through him who gives me strength.
Philippians 4:13*

GENERAL INFORMATION FOR EVERYONE

Parking – If you are parked at Gretna Glen, please drive slowly and carefully out of camp. If you are parked at Philhaven, please wait at the Shuttle Station located near the Dining Hall for the shuttle bus.

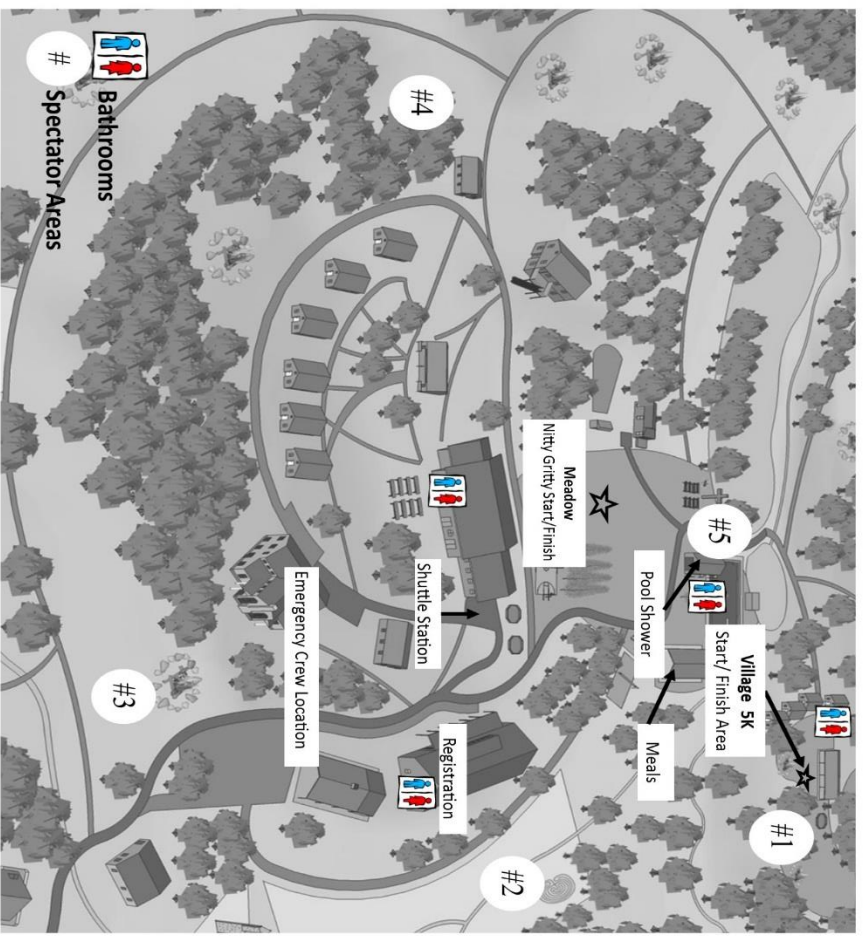
No pets allowed, No Alcohol, No Smoking

Water – Igloos of water are placed around camp for all to stay hydrated.

Meals – Food will be served at the Pool Pavilion, by the Meadow, from 9:30 until the end of the event. Participants get ONE meal included as part of their Registration!

- Additional Participant & Spectator meals are offered for \$10.
- There are some ala carte menu items also.

Meal Includes (one entrée):
Hamburger or Veggie Burger (Black Bean)
Sides: Macaroni Salad, Chips, Apple, Carrots, Ice Cream, Bottled Water
Have a question? Please seek help from the volunteers located outside of the Funk Program Center, The Village start/finish area, or the Meadow Nitty Gritty start/finish area. You may also ask one of our volunteers for assistance, they will be wearing a Mustard Yellow Gritty Volunteer Shirt.



- Spectator Map**
- Start Area/Dodgeball Alley** – A great way to get in on the action!
1. **Mud Pits** – This is very close to the beginning, so you're not likely to catch your runner, unless you miss their start.
 2. **Mud Hills** – About halfway through the course.
 3. **Hay Hill and Cargo Climb**- Catch the action of the Gritty and the **Nitty Gritty** at this location.
 4. **The Lake and Pond area**– If you're standing in this area you will catch the action of five elements! (please be mindful of participant traffic)
- Finish Area** -This is a great space to watch your runner jump some fire, get muddy, and finish strong!