

Pre-Race Participant Information – Gretna Gritty 2025

September 13, 2025

P Parking-Volunteers will be at parking areas to give instructions.

- **Competitive Heat Participants** – Park at **Gretna Glen** (arrive by **7:15 AM**).
- **Nitty Gritty Participants** – Park at **Gretna Glen** (runs from 9:00–11:30 AM).
- **Non-Competitive Participants** – Park at **Wellspan Philhaven** (arrive **1.5 hours prior** to race time).
- **Volunteers** – Park at **Gretna Glen**

Addresses:

Wellspan Philhaven: **283 South Butler Road, Lebanon, PA 17042** (shuttle lot).

Gretna Glen: **87 Old Mine Road, Lebanon, PA 17042** (event location)

- If parking is full at Gretna Glen, you will be redirected to Philhaven. Shuttle buses run every 15 minutes (3-minute ride). Participants under 18 must ride with a parent/guardian.
- Drive slowly and stay alert near Gretna Glen’s entrance—participants cross the road close to the camp entrance.

Food Service

- All participants receive **lunch** with registration.
- Lunch begins at **9:30 AM**.
- Non-participant meals: \$10 (cash only; same price for children & adults).

Hydration Stations

- Water coolers placed throughout camp and at first aid/hydration stations on the trail.

Check-In

- Location: **Henry Funk Program Center** at Gretna Glen.
- Walk-ins welcome! Online registration remains open until the event ends.
- Walk-ins will be assigned to the next available wave (we’ll work to keep groups/teams together).
- **No Friday packet pickup.** Saturday check-in is quick and easy.


At check-in: - Receive your **bib** and instructions. - Receive your **t-shirt**: - Register by **8/31/25** to guarantee requested size. - After 8/31: Pick up shirt at Funk Center after your race.

Non-Competitive Heat-Late arrivals: No problem—last non-competitive heat begins at 11:00 AM. **Early arrivals:** May join an earlier heat if space allows (ask volunteers at the wagon).

After the Race

- Limited **emergency warming blankets** available at the finish line (please reuse; recycling bins provided).
- **Shower-off stations** and rustic changing areas located at the Village.

General Information

- Gretna Glen & Wellspan Philhaven are **alcohol-free/non-smoking facilities**.
- Safety protocols in place; emergency personnel on site.
- Expect mud—and possibly lost shoes! 
- Personal belongings: Leave at the start/finish area at your own risk (not staffed; no bag check).
- Spectators: Free admission; follow same parking rules as participants. Best option—carpool!
- **Childcare is not provided.**
 - 5K participants must arrange supervision for children (average finish: 1–2 hours).
 - Nitty Gritty participants must have an adult present at the start or on the trail (note: obstacles are for kids only).

Social Media

- Tag us: **#gretnagritty** or **#gretnagritty2025**
- Share donations: [RunSignup Donation Link](#)

A Note of Thanks

As an outdoor ministry owned and operated by The United Methodist Church, we are grateful you've chosen to support Gretna Glen. Thank you for honoring this sacred space with a spirit of community, fun, and adventure.

Post-Event Info

After the event, participants will receive an email with: - A feedback survey. - Links to professional chip timing results (Falcon Race Timing). - Link to the **Gritty Day Photo Album**: [Google Photos Album](#) - Please add your own photos! Official photos will be uploaded within a few days.

Race Day Emergency

Please call **717-679-6715-Apryl Miller**