

5K Gretna Gritty Runners Information (Ages 12 & Up)

- **Start/Finish:** The Village
- **Bag Storage:** Shelters near start/finish (not secured).
- **First Aid & Hydration:** Stations at 1.5 & 2 miles, plus water at start/finish and pool pavilion.
- **Awards Ceremony:** Around 9:30 AM at The Village (Top 3 Teams + Top 3 Male & Female finishers).
- **Outdoor Showers:** Freshen up near The Village

Gretna Gritty Sponsors 2025-THANK YOU!

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Fundraiser

This event is Gretna Glen's largest fundraiser of the year. Proceeds support site improvements as we work to make our camp more accessible. Gretna Glen is a non-profit 501(c)(3), and all donations are tax-deductible.

Spectator Area-Best Viewing Areas

- Start Area/Dodgeball Alley
- Mud Pits (near the beginning)
- Mud Hills (mid-course)
- Hay Hill & Cargo Climb (both races)
- Lake & Pond Area (see 5 obstacles at once!)
- Finish Area (fire jump, mud, and strong finish!)

Friendly Reminders: Stay out of unmarked areas, keep off the trails, and follow volunteer directions.

Nitty Gritty (Ages 5–11)

- **Start/Finish:** The Meadow (9:00–11:30 AM)
- **Parents/Guardians:** Welcome on the trail but not on obstacles. You must keep your eyes on your child during this event.
- Kids can run the course more than one time.

Emergency Info

- If you see an emergency, please contact a volunteer in a light blue Gretna Gritty Volunteer Shirt.
- Ambulance services are at the ready at the Funk Program (check-in) Center for any emergency needs.

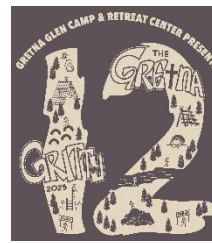
Post Race

- If you plan to post photos, please use #gretnagritty
- Photos will be uploaded to a google photo album, link will be shared in post participant email.
- Race Times (chip timed only) will be posted online runsignup.com

Did you know? Gretna Glen is a year-round Camp & Retreat Center where people of all ages can grow, connect, and have fun.

Throughout the year, we host day events, weekend retreats, school groups, and corporate team-building. Each summer, our Christian camp is filled with laughter and joy as day and overnight campers make lifelong memories.

www.gretnaglen.org



Welcome to the 2025 Gretna Gritty Fundraiser!

We're so glad you're here! Get ready for a day of fun, challenge, and muddy memories. This event would not be possible without our amazing volunteers, thank you for bringing the Gritty to life!

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

GENERAL INFORMATION FOR EVERYONE

Parking – At Gretna Glen: Drive Slowly & Carefully. The race does cross our onsite road.

Shuttle to and from Philhaven is for participants and spectators. Anyone under 18 must be with a supervising adult.

Policies—No Pets, No Alcohol, No Smoking. Parents/Guardians are responsible for children under 18 and must have them in line of site.

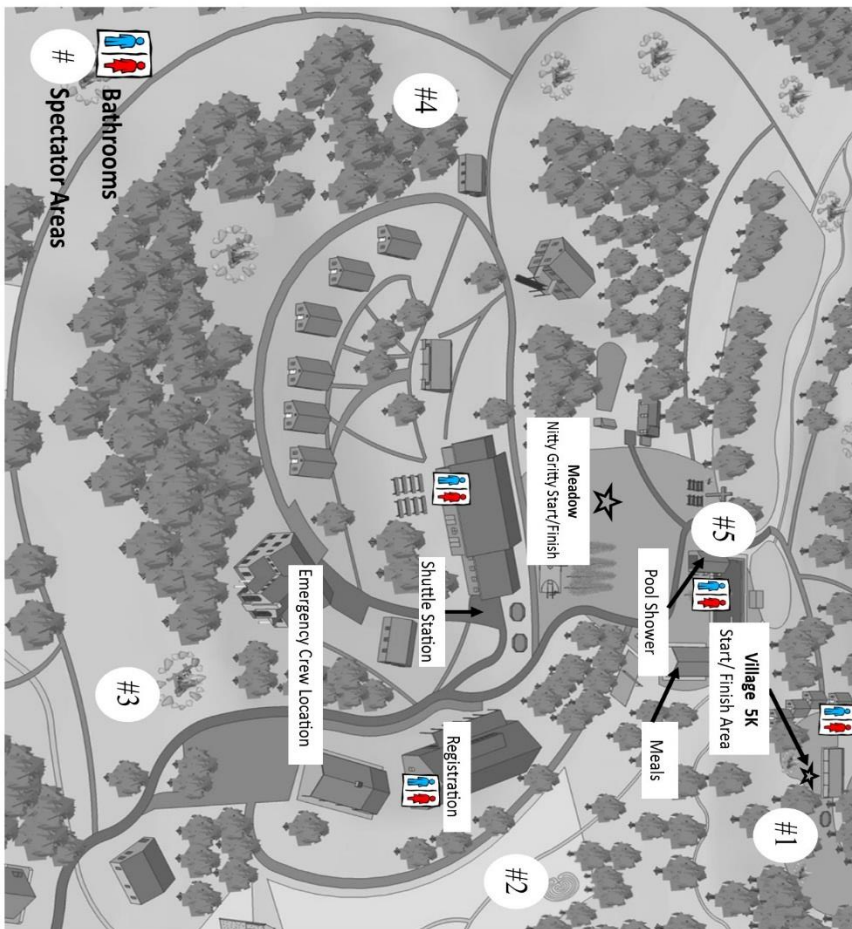
Water – Hydration Stations are placed throughout the site.

Meals – Food will be served at the Pool Pavilion, by the Meadow, from 9:30 until the end of the event. One meal included with registration. Additional Participant & Spectator meals are offered for \$10 each. There are some ala carte menu items also.

Meal Includes (one entrée): Hamburger or Veggie Burger
Sides: Macaroni Salad, Chips, Apple, Pickle, Ice Cream, 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 LIGHT BLUE Gritty Volunteer Shirt.

Don't Worry, Have Fun, Make Memories.



Spectator Map

1. **Start Area/Dodgeball Alley** – A great way to get in on the action!
2. **Mud Pits** – This is very close to the beginning, so you're not likely to catch your runner, unless you miss their start.
3. **Mud Hills** – About halfway through the course.
4. **Hay Hill and Cargo Climb**- Catch the action of the Gritty and the **Nitty Gritty** at this location.
5. **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!