



This summer I made the pilgrimage to Chamonix, France to run in the foothills of Mont Blanc. Most of my training took place on the extraordinary trail system of the Lehigh Gap Nature Center.

As your race director I am very excited to present to you the 2019 Lehigh Gap Nature Center More or Less a 10K Trail Run and More than a 2 mile scamper on Saturday, November 9, 2019. This year features our fourth different course with what I believe are the best parts of our previous races married into the new route which concludes with the epic Alp d'Huez mountain top finish on the west rim of the Lehigh Gap in Slatington, PA.

Please check out the course maps and register today at www.lgnc10k.com

Date: Saturday, 11/09/19

Time: 9:00AM 2 mile Scamper
9:30AM 10K Trail Run

Where: Lehigh Gap Nature Center
8844 Pain Mill Rd., Slatington PA

Entry Free: 2 Mi \$20 Pre-reg, \$30 DOR
10K \$30 Pre-reg, \$40 DOR

Registration: www.lgnc10k.com

Run safe, run smart, run strong.

Mike

Michael F. Martinez, M.D., F.A.C.S.
Race director, LGNC 10K Trail Run