

Fall Down on the Trail 5k Race & Hike

On the Cumberland Valley Rail-Trail

SATURDAY OCTOBER 18, 2008



Sponsored by:



5k Race

Time: 9 am

An out and back 5K (3.1) race on the Cumberland Valley Rail-Trail starting and ending at the Newville trailhead. The course is slightly uphill until the turnaround and then downhill back to the finish.

Awards to top 3 overall male & female, top 2 masters male & female and top 2 age group male & female (**19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over**)

4 Mile Hike

Time: 10:30 am

13th annual Fall Down on the Trail Hike starting at the Newville trailhead and ending in Oakville. A return shuttle will be provided. No fee for the hike or return shuttle. Lunch will be available at the Oakville Methodist Church for a small fee.

(Proceeds from lunch benefit the Oakville Methodist Church)

Registration does not include a t-shirt. T-shirts will be available for an extra charge. Early registration ends on Oct 4. You must be registered by Oct 4. To guarantee a Tee-Shirt Early registration prices available on Active.com until Oct. 17
Rain or Shine

Registration starts at 8 am at the Newville trailhead.

All proceeds benefit the Cumberland Valley Rail-to-Trails Council (CVRTC), a 501(c)(3) non-profit corporation

Online registration available at www.active.com Results will be posted at www.cvrtc.org

For more information or to volunteer contact: **Garret Stahlman • 717.300.1337 • race@cvrtc.org**

Directions to the Newville Trailhead: Exit I-81 at Newville (exit 37, PA 233 north). As you enter town, take the first left onto Vine Street and follow through town becoming Fairfield Street (PA 533W). As you leave town, turn left on Cherry Street and go to street end at McFarland Street. From Carlisle, Take PA 641 through Newville, turn left on Cemetery Road and follow to end of the road on McFarland Street. From Shippensburg, Take PA 533E. Take the first right past the Pepsi Plant and then the first right onto Rich Street and go to street end at McFarland Street.

Name	<input type="checkbox"/> Race.....\$10.00* <input type="checkbox"/> Race after Oct 4 \$17.00* <input type="checkbox"/> Hike Free	<input type="checkbox"/> Male <input type="checkbox"/> Female Age on Race Day _____
Address	<input type="checkbox"/> Under 12..... \$5.00 <input type="checkbox"/> T-shirt \$8.00 <input type="checkbox"/> Join CVRTC.....\$15.00 (\$5 off) <input type="checkbox"/> Donation \$ _____ *CVRTC members subtract \$5	T-Shirt <input type="checkbox"/> Y <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> X <input type="checkbox"/> XX
City State Zip	Make checks payable to CVRTC 9048 Possum Hollow Rd Shippensburg, PA 17257	Signature of Liability Waiver (every one must sign. Parent or guardian if under 18)
Phone E-mail	CVRTC is a 501(c)(3) organization. Contributions are tax-deductible to the extent permitted by law.	

LIABILITY WAIVER - I know that running a race or bike ride is a potentially hazardous activity and that I should not enter and run or ride unless I am medically able and properly trained. I agree to abide by any decision of a race or ride official relative to my ability to safely complete the run or ride. I assume all risks associated with running or riding in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Cumberland Valley Rail-Trail Fall Down on the Trail, CVRTC, Timber Hill Technology Solutions, LLC and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

