

# Fall Down on the Trail 5k Race & Hike



On the Cumberland Valley Rail-Trail

**SATURDAY SEPTEMBER 29, 2012 – NEWVILLE, PA**

## 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 (**12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over**)

## 4 Mile Hike

**Time:** 10:30 am

16<sup>th</sup> 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 Sep 15. You must be registered by Sep 15. To guarantee a T-Shirt Early registration prices available on Active.com until September 28 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](http://www.active.com) Results will be posted at [www.cvrtec.org](http://www.cvrtec.org)

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

**Directions to the Newville Trailhead:** 23 McFarland St., Newville, PA, 17241 - 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 end of 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 end of street.

**Make checks payable to CVRTC, 9048 Possum Hollow Rd, Shippensburg, PA 17257 • CVRTC members subtract \$5 • After September 15 add \$5**

First																Male <input type="checkbox"/>	Female <input type="checkbox"/>
Last																Age on Race Day	
Street																	
City																	
State		Zip				Phone			-			-					
Email																	

**Check Appropriate Event**

- 5k Race.....\$10.00
- Race after Sept 15...\$17.00
- Hike..... Free
- T-Shirt.....\$ 8.00
- Join CVRTC.....\$15.00
- Donation.....\$\_\_\_\_\_

**T-Shirt Size**    Y   S   M   L   XL   XXL

*Our preferred method of contact is email. Please provide if possible*

**Waiver Must Be Read and Signed** - I know that running a race or bike ride is a potentially hazardous activity and that I should not enter the event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. 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. All fees are nonrefundable.



Signature (parent or guardian must sign if under 18 years old) \_\_\_\_\_

Timing By

