

Race, Run, Ride & Ramble

On the Cumberland Valley Rail-Trail



SUNDAY APRIL 18, 2010

15k Race - 1 pm

USATF Certification Pending.
A point to point, 15K (9.3 mile) race on the Cumberland Valley Rail-Trail starting at the Newville trail head and finishing at the Shippensburg Township Park. The trail has a smooth, crushed stone surface with long sweeping turns thru beautiful farmland. **Transportation will be provided from the park to the start in Newville**

Awards to

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

5K Fun Run/Walk - 11 am

USATF Certification Pending.
An out and back 5K (3.1 mile) fun run/walk starting and ending at the Shippensburg Township Park.



30k Bike Ride - 10:45 am

An out and back 30K (18.6 mile) bike ride from the Shippensburg Township Park to the trail head in Newville and back to the Shippensburg Township Park. Rest stops will be available along the way with a snack in Newville.

15k Ramble - 10 am

A 15K (9.3 mile) hike from the Shippensburg Township Park to the Newville trail head. Water stops will be available. **Transportation will be provided from Newville back to the park.**



All Early-registrants will receive a t-shirt • Early-registration ends April 4.
Early registration prices available on Active.com until April 17 • Rain or Shine
 Registration for all events will occur at the Shippensburg Township Park starting at 9 am. Racers and Ramblers must be registered to receive transportation. Transportation for the race will leave the park at 11:45 and 12:30. Return transportation for the ramble will leave Newville at 1 pm.

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 Shippensburg Township Park: 304 Britton Rd., Shippensburg, PA, 17257 - From the north use I-81 exit 29, turn right onto Walnut Bottom Rd; left onto King Street (US 11). From the south use I-81 exit 24, turn left onto Olde Scotland Rd; left onto Fayette Street; right onto King Street (US 11). Turn onto North Queen Street at Sheetz then right onto Britton Road; approximately 1/2 mile to the park.

Make checks payable to CVRTC, 9048 Possum Hollow Rd, Shippensburg, PA 17257 • CVRTC members subtract \$5 • Under 12 (All Events) \$10.00 • After April 4 add \$5

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

Check Appropriate Event

- 15k Race.....\$20.00
- 5k Run.....\$15.00
- Ride..... \$15.00
- Ramble.....\$15.00
- Race & Ride.....\$25.00
- Upgrade to tech shirt..\$10.00
- 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 Race, Run, Ride & Ramble, 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) _____

