

# Fall Down on the Trail 5k Race & Hike



On the Cumberland Valley Rail-Trail

**SUNDAY SEPTEMBER 30, 2018 – NEWVILLE, PA**

## 5k Race

**Time:** 2:00 pm   

- Out and back on the Cumberland Valley Rail-Trail
- Start and end at the Newville trailhead
- Chip timed

### Awards

Top 3 overall male & female

Top 2 masters male & female

Top 2 age groups male & female

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

## 1 Mile Fun Run/Walk

**Time:** 1:30 pm    - **Free**

- **Free for kids 1 to 100.**
- Out and back on the Cumberland Valley Rail-Trail
- All finishers 12 & under receive a Ribbon

## Extension Hike

**Time:** 3:30 pm   - **Free**

- 22<sup>th</sup> annual Fall Down on the Trail Hike
- Start and finish at the Newville trailhead. 5 1/2 mile round trip.
- Hike the new bridge, tunnel and 2018 trail extension.

## Teams Welcome

- Your elementary, middle or high school team can register together for just \$5 per runner
- Contact Garret at 717.300.1337 or [race@cvrtc.org](mailto:race@cvrtc.org) to register a team

**Register online and view results at** [www.CVRaceSeries.us](http://www.CVRaceSeries.us)

*Registration does not include a t-shirt. T-shirts will be available for an extra charge.*

*You must be registered by Sept 17 to guarantee a t-shirt*

*Early mail registration ends on Sept 17. Early registration prices available online until September 29*

Registration will be at the CVRT Newville Trailhead starting at 7:30 am. • **Rain or Shine**

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

For more information or to volunteer contact: **Garret Stahlman • 717.300.1337 • [race@cvrtc.org](mailto:race@cvrtc.org)**

**Directions to the Newville Trailhead: 23 McFarland St., Newville, PA, 17241** – Use Exit I-81 at Newville (exit 37, PA 233 north, Centerville Rd). Follow PA 233 3.9 miles. After crossing a bridge and 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 (1/2 mile from 233) and go to end of street.



Make checks payable to:  
 CVRTC, 9048 Possum Hollow Rd,  
 Shippensburg, PA 17257



**Register Online**  
 TimberHillTiming.com  
 Early registration prices  
 available online until Sept 29

Event	CVRTC Member (By Sept 17)	Early (By Sept 17)	Late (After Sept 17)	Race day	12 & Under
<input type="checkbox"/> 5k Race	\$10	\$15	\$20	\$25	\$10
<input type="checkbox"/> 1 Mile	Free	Free	Free	Free	Free
<input type="checkbox"/> Hike	Free	Free	Free	Free	Free

First

Last

Street

City

State   Zip       Phone    -    -

Male  Female

Age on Race Day

T-Shirt Size Y  S  M  L  XL  XXL

**Extras** Qty

T-Shirt.....\$8.00

Join CVRTC.....\$15.00

Donation.....\$

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

Email

**Waiver Must Be Read and Signed** - I know that running a race 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 Fall Down on the Trail, CVRTC, Timber Hill Technology Solutions, LLC, Cumberland Valley Race Series 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)**

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