

Fall Down on the Trail 5k Race & Hike



On the Cumberland Valley Rail-Trail

SUNDAY, SEPTEMBER 29, 2019 — 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

Hike

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

- 23th 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 to register a team

Register online and view results at 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 16 to guarantee a t-shirt

Early mail registration ends on Sept 16. Early registration prices available online until September 28

Registration will be at the CVRT Newville Trailhead starting at 12:30 pm. • **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**

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**



Event	CVRTC Member (By Sept 16)	Early (By Sept 16)	Late (After Sept 16)	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	<input type="text"/>	Male <input type="checkbox"/>	Female <input type="checkbox"/>	T-Shirt Size	Y <input type="checkbox"/>	S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>	
Last	<input type="text"/>	Age on Race Day		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
Street	<input type="text"/>										
City	<input type="text"/>										
State	<input type="text"/>	Zip	<input type="text"/>	Phone	<input type="text"/>	-	<input type="text"/>	-	<input type="text"/>	<input type="text"/>	
Email	<input type="text"/>										

Extras Qty

☐ T-Shirt.....\$8.00

☐ Join CVRTC.....\$15.00

☐ Donation.....\$

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

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.

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TimbertillTiming.com

**Early registration prices
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Last													Age on Race Day																	
Street																														
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First

Male ☐ Female ☐

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

Last

Age on Race Day

Street

City

State

Zip

Phone

Extras Qty

☐ T-Shirt.....\$8.00

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First

Male ☐ Female ☐

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

Last

Age on Race Day

Street

City

State

Zip

Phone

Extras Qty

☐ T-Shirt.....\$8.00

☐ Join CVRTC.....\$15.00

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First

Male ☐ Female ☐

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

Last

Age on Race Day

Street

City

State

Zip

Phone

Extras Qty

☐ T-Shirt.....\$8.00

☐ Join CVRTC.....\$15.00

☐ Donation.....\$

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

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State

Zip

Phone

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