




12th Annual Race, Run, Ride & Ramble On the Cumberland Valley Rail-Trail



SATURDAY APRIL 21, 2018 - SHIPPENSBURG, PA

10 Mile Race

Time: 1 pm   




- Point to point course starting at the Newville trailhead and finishing at Fort Street
- Transportation provided from the Fort Street Trailhead to Newville for the first 250 entries

Awards

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)

*Free
Lunch*

5K Run/Walk

Time: 11 am   



USATF Certification Pending.

- Out and back starting and finishing at the at the Fort Street Trailhead

Awards



Top 3 overall male & female
Top 2 masters male & female
Top 2 age group male & female
(12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

20 Mile Bike Ride

Time: 10:45 am  

- Out and back starting at the at the Fort Street Trailhead



10 Mile Ramble

Time: 10 am  

- Point to point hike starting at the at the Fort Street Trailhead
- Transportation provided from Newville back to the park.

*Live
Music*

1 Mile Fun Run/Walk

Time: 1 pm  

- **Free*** for kids 1 to 100.
- Out and back on form the at the Fort Street Trailhead
- All finishers 12 & under receive a Ribbon

*Does not include t-shirt or lunch. Available for extra charge.

BrewFest

Time: 12:30 pm - 5 pm

- Beer, music, food
- Discounted entry with R4 entry
- Hosted by the Shippensburg Historical Society

T-shirt and Lunch included • Tech shirt upgrade available
Registration must be received by April 7 to guarantee a t-shirt

Early mail registration ends April 7. Early registration prices available online until April 20

Registration for all events will be at the Fort Street Trailhead starting at 9 am.
Transportation for the 10 Mile will be provided for the first 250 entries and leave Fort Street at **11:40, 12:00 & 12:20**. Return transportation for the ramble will leave Newville at 1 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**



