




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**



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



Register Online
timbertilltiming.com

**Early registration prices
available online until April 20**

Event	CVRTC Member (By April 7)	Early (By April 7)	Late (After April 7)	Race day	12 & Under
<input type="checkbox"/> 10 Mile Race	\$25	\$30	\$35	\$40	\$10
<input type="checkbox"/> 5k Run	\$20	\$25	\$30	\$35	\$10
<input type="checkbox"/> Ride	\$15	\$20	\$25	\$30	\$10
<input type="checkbox"/> Ramble	\$15	\$20	\$25	\$30	\$10
<input type="checkbox"/> 1 Mile (no shirt/lunch)	Free	Free	Free	Free	Free

First		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		Age on Race Day		Extras Qty <input type="checkbox"/> Upgrade to tech shirt.\$10.00 _____ <input type="checkbox"/> Extra Lunch.....\$8.00 _____ <input type="checkbox"/> Extra tech shirt.....\$15.00 _____ <input type="checkbox"/> Extra cotton shirt...\$5.00 _____ <input type="checkbox"/> Donation.....\$ _____									
Street													
City													
State		Zip				Phone		-		-			
Email													

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 Cumberland Valley Rail-Trail Race, Run, Ride & Ramble, CVRTC, Shape, 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) _____

Directions to the Fort Street Trailhead: *Corner of Fort Street and Earl Street, 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 Earl; approximately 2 blocks to the trailhead.