



# SFC Randall Shughart Memorial 5-Mile Run

*presented by Cumberland Ag Expo*



**When:** Saturday, August 4, 2018. Race starts at 9:00 am. Registration and Packet pickup 7:30 – 8:30 am at the starting line.

**Where:** Newville trailhead, Cumberland Valley Rails-to-Trails in Newville, PA

**Course:** Out-and-back on flat, fast crushed limestone surface of the Cumberland Valley Rail Trail, starting and finishing at Newville trailhead. See [www.facebook.com/cumberlandagexpo](http://www.facebook.com/cumberlandagexpo) for complete race-day details. Please park at the trailhead this year.

**Details:** \$30 prior to July 10th. Register online at [www.cvraceseries.us](http://www.cvraceseries.us). Look under upcoming events. Includes short sleeve tech shirt, if received by July 10th. After July 10, entry fee increases to \$35, but no shirt to allow production and shipping for race day. Race Day registration is \$35.

**Awards:** Presented to the top 3 males and top 3 females (under 40), plus top masters (40-plus) male and female. No duplication of awards. Awards and prizes immediately following finish at the trailhead. Students who cannot accept a cash prize per NCAA eligibility guidelines may decline cash awards.

**What else:** Two water stations along course route (out and back). A post-race assortment of sports drink, water, fruits and other goodies will be available. Complete results and photos will be posted online at [www.cvraceseries.us](http://www.cvraceseries.us) following the race.

**Directions:** Exit 37 off Interstate 81. Take Route 233 North for 3.8 miles. Turn left onto Vine Street/Route 533. Drive 1 mile, turn left on Cherry St OR Rich St to trailhead parking lot.

**Contact:** Call Scott Lemmon, race director, at 717-422-8216, the Cumberland Ag Expo on Facebook, or email [scottlemmon@yahoo.com](mailto:scottlemmon@yahoo.com).

**Print and mail entry to: Cumberland Ag Expo, P.O. Box 341 Boiling Springs, PA 17007. Make checks payable to Cumberland Ag Expo.**

Name \_\_\_\_\_ Male/Female Age (on 8/4/18) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_ Phone \_\_\_\_\_ Shirt size: S M L XL

In consideration of accepting entry for this event, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Cumberland Valley Race Series, the Cumberland Valley Rail Trail Council, the Cumberland Ag Expo board of directors, and all volunteers and sponsors while participating, traveling to or from the event start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen. \_\_\_\_\_  
(please initial – by parent if under 18)