13th Annual

Race, Run, Ride & Ramble

On the Cumberland Valley Rail-Trail

SATURDAY APRIL 27, 2019 - SHIPPENSBURG, PA

10k Race

Time: 11 am

 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 (19 & under, 20-29, 30-39, 40-49, 50-5). 60-69, 70 & over)

25 Mile Bike Ride

Time: 10:30 am **₫**

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

10 Mile Ramble

Point to point hike.

• Transportation provided from Shippensburg to Newville.



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)

BrewFest 1 Mile Fun Run/Walk

Time: 10:35 pm %#

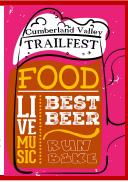
- Free* for kids 1 to 100.
- Out and back on form the at the Fort Street Trailhead
- All finishers 12 & under receive a Ribbon

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

BrewFest

Time: 11:30 pm - 5 pm

- Beer, Music, Food Trucks
- Hosted by the Shippensburg **Historical Society**
- Free entry for everyone to enjoy the music
- Discounted wristband to enjoy the brews



T-shirt included • Tech shirt upgrade available Registration must be received by April 15 to guarantee a t-shirt

Early mail registration ends April 15. Early registration prices available online until April 26

Registration for all events will be at the Fort Street Trailhead starting at 9 am. Transportation for the ramble will be provided to Newville.

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,												Event							CVRTC Member (By April 15)			o rly pril 15)		Late r April 15	Race) day	12 & Under	
2	Shippensburg, PA 17257											☐ 10k Race							\$25		\$30			\$35	\$40	\$10		
	Register Online										☐ 5k Run							\$20			\$25			\$30	\$35	\$10		
	Timbertfilltiming.com											Ride							\$15			\$20			\$25	\$30	\$10	
	Early registration prices										Ramble							\$15			\$20			\$25	\$30	\$10	Ī	
	available online until April 26										1 Mile (no shirt/lunch)						1)	Free		Free			Free	Free	Free			
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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.