



14th Annual Race, Run, Ride & Ramble On the Cumberland Valley Rail-Trail

SATURDAY APRIL 18, 2020 - 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, 50-59, 60-69, 70 & over)



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)

25 Mile Bike Ride

Time: 10:30 am  

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



10 Mile Ramble

Time: 10 am  

- Point to point hike.
- Transportation provided from Shippensburg to Newville.



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. Available for extra charge.

BrewFest

Time: 11:30 pm - 5 pm

- Beer, Wine, Cider, Music, Food Trucks
- Hosted by the Shippensburg Historical Society
- Free entry for everyone to enjoy the music
- 1 free beer or \$5 discounted wristband to enjoy the beer, cider and wine tasting



T-shirt included • Tech shirt upgrade available
Registration must be received by April 6 to guarantee a t-shirt

Early mail registration ends April 6. Early registration prices available online until April 17

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**



