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

SATURDAY APRIL 18, 2020 - SHIPPENSBURG, PA

Free

Beer

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, 50-55 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

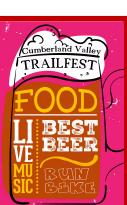
All proceeds benefit the Cumberland Valley Rail-to-Trails Council (CVRTC) a 501(c)(3) non-profit corporation For more information or to volunteer contact: *Garret Stahlman • 717.300.1337 • race@cvrtc.org*

cumberland

RACE SERIES









Live

Music

		ke che RTC, 90	-	-			Rd,		Event				CVRTC M (By Apr		Ear (By Ap	-	La (After A		Race day	12 & Unde
5	5hij	ppens	burg	, PA .	1725	57			1 0	k Race	e		\$25		\$30)	\$3	5	\$40	\$10
- 6		Re	ois	ter	On	line			🗆 5k	Run			\$20		\$25	2	\$3	0	\$35	\$10
	\mathbb{Z}	Tir	nber	Hillti	mina	line g. <i>com</i>			🗆 Ria	le			\$15		\$20)	\$2	25	\$30	\$10
Ľ	Ear	rly regi					·		🗆 Ra	mble			\$15		\$20)	\$2	25	\$30	\$10
		ailable		-		il 26			1 1 N	1ile (n	o shirt	/lunch)	Free		Fre	e	Fre	ee	Free	Free
													Male	Fen	nale 🗌	-	Shirt Y ze			
									Age on Race Day				tras		Qt					
. F			1														Upgrade	to tech	shirt.\$1	0.00
C																				0 00
נ										1 1							BrewFe	st	\$3	0.00
																	BrewFe Extra te			
			Zip				Pho	one			- [ech shir	t\$1	5.00 _
	rofe		_			omail			vide if i								Extra te Extra co	ech shir otton sł	t\$1 hirt\$1	5.00 0.00
st 	refe	ierred me	_	of cont	act is	email.			vide if µ] - [Extra te	ech shir otton sł	t\$1 hirt\$1	5.00 0.00

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, Shippensburg Historical Society, 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.

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.