

RUN FOR THE TRAIL 7K RUN and 2 MILE FUN RUN/WALK

Sponsored by



Indiana Road Runners Club/RRCA Sanctioned

RACE DATE & TIME:

SATURDAY, August 11, 2018 6:00 p.m.

LOCATION:

Dilltown, Pa 15929 Ghost Town Trail Access Area 1 mile north of Route 22 on Route 403

PROCEEDS:

Indiana County Rails to Trails Maintenance and Beautification ☺☺

REGISTRATION & FEES

- Pre-Registration by 8/6/2018 \$15.00 (Guarantees t-shirt)
- \$20.00 after August 6 and on race day (t-shirts only as available)
- Day of race registration begins @ 4:00 PM
- Family Rate: \$ 12.00/person for ≥ 3 family members pre-registration only by 8/6/17
- Register On Line: RunSignUp.com, Key word is "Run For The Trail 7K"
- Mail applications to: Thaddeus Pajak, 1401 Myers Road Indiana, PA 15701

- Checks payable to "IRRC"
- For more race information or joining Indiana Runners Club (<http://www.indianaroadrunners.com>)
- RRCA prohibits strollers and dogs in the 7k race

T-SHIRTS:

Soft cotton t-shirts for all runners and walkers compliments of InFirst Bank. (Youth sizes available)

7K AWARDS:

Men	Women
Top 3 Overall and Top Master's	Top 3 Overall and Top Master's
12 and under, 13-15, 16-19, 20-24	12 and under, 13-15, 16-19, 20-24
25-29, 30-34, 35-39, 40-44, 45-49	25-29, 30-34, 35-39, 40-44, 45-49
50-54, 55-59, 60-64, 65-69, 70 +	50-54, 55-59, 60-64, 65-69, 70 +

Questions?

Contact Tad Pajak 412 613-1167
E-mail tmprrcih@yahoo.com



Gold, Silver, Bronze Railroad spikes for age place winners;
Railroad spikes provided by Kovalchick Corporation



Amish Crafted wood train engines for Top 3 male and female overall and 1st masters male and female.

2 Mile Finisher Awards: First 50 registered participants. This is a fun run or walk event. Race times are kept.



ICE CREAM (NUTTY BUDDY) AFTER RACE; ICE CREAM COURTESY OF ALLIED MILK PRODUCERS

Race: 7k _____ 2 Mile Fun Run and Walk _____ Shirt Size: S M L XL XXL Youth: S M L

Name _____ Age on race day _____ Male _____ Female _____

Address _____ City _____ State _____ Zip _____

Telephone _____ e-mail _____

Emergency Contact Info: Name _____ Phone _____

I HEREBY WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS OR DAMAGES OR SUIT I MAY HAVE AGAINST INDIANA COUNTY PARKS, BUFFINGTON TOWNSHIP, INDIANA ROAD RUNNERS CLUB (IRRC) AND ANY OTHER OFFICIALS AND SPONSORS OF THE RACE FOR THE TRAIL 7K, AUGUST 11, 2018

Signature: _____ Date: _____
Parent/Guardian (if under 18) _____ Date: _____