

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



Sponsored by InFirst Bank
 Conducted by Indiana Road Runners Club
 Race Directors: Aly Pajak & Dan Pajak



RACE DATE & TIME: SATURDAY, August 10, 2019 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 8/5/2019 \$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 8/5/19
- Register On Line: RunSignUp, Key words "Run For The Trail 7K"
- Mail applications to: John Swauger, 522 Locust St., Indiana, PA 15701
- Checks payable to "IRRC"
- For more race information or joining Indiana Runners Club (<http://www.indianaroadrunners.com>)
- RRCA insurance regulations 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 Aly Pajak 724 840-2928
 E-mail alysompajak@yahoo.com



Gold, Silver, Bronze Railroad spikes for age place winners; Railroad spikes courtesy of Kovalchick Corporation



Local artisan-made wood train engines for Top 3 male and female overall and 1st masters male and female.

2 Mile Finishers Eligible for Gift Card Drawing After the Race. *This is a fun run or walk event. Race times are kept.*



ICE CREAM AFTER RACE FOR ALL 2MILE AND 7K PARTICIPANTS; 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 10, 2019

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