

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



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



RACE DATE & TIME: SATURDAY, August 8, 2020 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 8/3/2020 \$15.00 (Guarantees t-shirt)
- \$20.00 after August 4 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 8/4/20
- 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 25-29, 30-34, 35-39, 40-44, 45-49 50-54, 55-59, 60-64, 65-69, 70 +	12 and under, 13-15, 16-19, 20-24 25-29, 30-34, 35-39, 40-44, 45-49 50-54, 55-59, 60-64, 65-69, 70 +

Questions?

Contact Dan Pajak 724 840-5961
 E-mail d.pajak@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.

The Pennsylvania Department of Conservation and Natural Resources has named the Ghost Town Trail the 2020 Pennsylvania Trail of the Year! Congratulations to Ed Patterson and Indiana County Parks and Trails.

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 8, 2020

Signature: _____ Date: _____

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