

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



Saturday, August 12, 2023, 6:00 PM
Sponsored by InFirst Bank
Conducted by Indiana Road Runners Club
Race Director: Dan Pajak



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

Race Benefits Indiana County Rails to Trails Maintenance and Beautification

Race Day Registration Opens at 4:00 PM in Dilltown

Fee: \$20.00 per runner or walker.

Family Rate: \$15.00 per person for three or more family members. Runners and walkers of all ages are welcome. Bring the whole family. Please complete paper application for each participant. Family rate is also available on RunSignUp.

Mail applications with checks payable to IRRC to: John Swauger, 522 Locust Street, Indiana, PA 15701

Online Registration Available at RunSignUp.com - Key words: "Run For The Trail 7K" Online closes on August 9, 2023

Shirts: Soft Cotton T-shirts compliments of InFirst Bank guaranteed through August 1, 2023. Shirts available after that date and on race day if available. Register early to avoid disappointment.

Awards in 7K: Local Artisan-made Wooden Train Engines to Top Three Overall Male & Female, Top Male & Female Masters

Gold, Silver, and Bronze Railroad Spikes to Top Three Male & Female Five-year Age Group Winners up to Age 70+

2-Mile Fun Run/Walk Finishers are eligible for a Gift Card Drawing following the race. Times are kept.

Ice Cream Treats after the race courtesy of Allied Milk Producers

Insurance regulations prohibit dogs, skateboards, and strollers in the 7K race

CDC recommendations
to be followed at the
time of the event

For more information and visit www.indianaroadrunners.com or contact Dan Pajak, 724 840-5961, dpajak1987@gmail.com

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

Name _____ *Age on race day* _____ *Male* _____ *Female* _____

Address _____ *City* _____ *State* _____ *Zip* _____

Telephone _____ *e-mail* _____

Emergency Contact Info: Name _____ *Phone* _____

Waiver: I, for myself and anyone entitled to act on my behalf, waive and release Indiana Road Runners Club, event workers, event sponsors and property owners from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

Signature: _____ *(Parent signature required if under 18) Date:* _____