

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

Sponsored by



*Indiana Road Runners Club/RRCA Sanctioned*

**RACE DATE & TIME:** Sunday, August 12, 2012 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:** Race day registration and packet pick-up 4:30 p.m. to 5:45 p.m.  
**ENTRY FEE:** \$14.00 if pre-registered by August 6, 2012  
\$17.00 after August 6, 2012 and on race day  
\$ 11.00 rate for pre-registered high school cross country runners

**NEW FOR 2012:** Two Mile Fun Run and Walk featuring two trail bridges; \$ 9.00 entry fee, \$14.00 with t-shirt if pre-registered by 8/6/2012; Awards to all finishers.

Checks made payable to IRRC. Mail to: Thad Pajak, 1401 Myers Road, Indiana, PA 15701.

**T-SHIRTS:** Pre-registration by August 6, 2012 guarantees a t-shirt. High quality cotton local artist design

**7K AWARDS:** Top 3 overall Male and Female; Age Groups: 12 and under, 13-15, 16-19, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+  
Plated railroad spikes for awards; Wood Train Engines for Top 3 Male and Female overall and 1<sup>st</sup> Masters Male and Female

ICE CREAM AFTER THE RACE!!! RACE FIVE OF THE TRIPLE CROWN SERIES

**7k MORE INFO:** Thad Pajak, 724-479-0769 Email: tmprcih@yahoo.com; 7k is flat course, point to point, start on paved road, finish on trail. Course records: Male 23:05; Female 26:08

For Info on Joining IRRC: Call John Swauger, 724 465-8262, e-mail [jswauger@comcast.net](mailto:jswauger@comcast.net)

**Race:** 7k \_\_\_\_\_ 2 Mile Fun Run and Walk \_\_\_\_\_ **Shirt Size:** S M L XL

**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 12, 2012**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian (if under 18)** \_\_\_\_\_ **Date:** \_\_\_\_\_

APPLICATIONS COURTESY OF GAZETTE PRINTERS

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