

# 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 12, 2017 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 8/5/2017 \$15.00 (Guarantees t-shirt)
- \$20.00 after August 5 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 8/5/17
- Register On Line: Active.com, Key word is "[7k Dilltown](#)"
- 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. (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 +



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 1<sup>st</sup> 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 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 12, 2017**

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

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