

The 19th Annual Lower Trail 5k RACE and 2 Mile FUN WALK

In Memory of John Healy

Wednesday, June 15, 2016 6:00 pm
The Lower Trail Trailhead
Williamsburg, PA



REGISTRATION

5k Pre-registration rate is \$18. (By June 8, 2016).
5k Family Pre-registration rate (from the same household) is \$10 each
(By June 8, 2016). **MUST** pre-register together.
Walk Pre-registration rate is \$10
After June 8, 2016, cost of 5k registration is \$20 and Walk registration is \$12.



Registration on Race Day will be held from 5:00 pm – 5:45 pm



This year all pre-registered entrants are guaranteed to receive souvenir short-sleeved T-shirt. Day of race registrants will receive shirts based on availability.



Pre-registered runners must pick up their t-shirts and numbers between 5:00 pm – 5:45 pm the day of the race.

AWARDS

5k Run: Awards will be presented to the top three men and women. Awards will also be given in nine age groups for both men and women; the top three in each age group will receive awards:

12 & under	40-49
13-18	50-59
19-24	60-69
25-29	70 & Over
30-39	

2 Mile Fun Walk: No prizes will be awarded but each pre-registered entrant will be guaranteed a souvenir T-shirt

COURSE

The course for the races is a fast, flat, out and back course. Surface is compacted crushed limestone with borders of cut grass from 4' to 8' wide. The course is well-shaded. There will be water stops near each halfway point.

DIRECTIONS TO LOWER TRAIL

Take Route 22 about 15 miles west of Huntingdon or 15 miles east of Hollidaysburg. Turn onto Route 866 and travel about 3 miles to Williamsburg. Parking available at the Williamsburg Trailhead. Additional parking at Riverside park (across from Martin General Store.)

RACE NUMBERS MUST BE DISPLAYED ON FRONT OF SHIRT

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors, and administrators, release any and all rights to file any claim or judgements for damages I may have against Rails To Trails of Central Pennsylvania, Inc. and any individual holding this event, their employees, agents, representatives, successors and assignees, for any and all injuries suffered by me at this event, occurring as a result of participation in this event and I accept full responsibility for the care and safety of valuables in my possession.

Further, I certify that I am physically fit to participate in this event because I have adequately trained to participate in this race and I know and understand the dangers inherent in long distance running. I have read, understand, and agree with the conditions set forth in this waiver.

/ /

Signature (Parent or Guardian if under 18) _____ Date _____

Please Print Clearly

Name: _____

Address: _____

City/State: _____

Zip: _____ Phone: () _____

Email Address: _____

Birthdate: ____/____/____ Age on Race Day: _____

____ Male / ____ Female Check one: ____ 5K Race
____ 2 Mile Fun Walk

Make check payable to/ Mail Entry to:

Rails to Trails of Central PA Inc.
PO Box 592
Hollidaysburg, PA 16648-0592