



# RUN FOR THE TRAIL 7K RUN

Sponsored by



## *Indiana Road Runners Club/RRCA Sanctioned*

**RACE DATE & TIME:**

**Sunday, August 15, 2010 6:00 p.m.**

**LOCATION:**

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

**PROCEEDS:**

Benefits the Indiana County Trail System

**REGISTRATION:**

Race day registration and packet pick-up 4:30 p.m. to 5:45 p.m.

**ENTRY FEE:**

\$13.00 if pre-registered by August 2, 2010

\$16.00 after August 2, 2009 and on race day

\$ 11.00 rate for pre-registered high school cross country runners;

**Checks made payable to IRRC**

Mail to: Thad Pajak, 1401 Myers Road, Indiana, PA 15701.

**T-SHIRTS:**

Pre-registration by August 2, 2010 guarantees a t-shirt. (heavy cotton)

**AWARDS:**

Top 3 overall Male and Female. Age Groups (male and female): 13 and under, 14-17, 18-21, 22-25, 26-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Unique plated railroad spikes for awards; **New:** Wood Train Engines for Top 3 Male and Female overall

Ice cream after the race!!!

**RACE FIVE OF THE TRIPLE CROWN SERIES**

**MORE INFO:** Thad Pajak, 724-479-0769 Email: tpajak@ffic.com

Flat course, point to point, waterstop at the halfway point, and fluids will be available at the finish line.

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

**Please print clearly**

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Shirt Size: S M L XL

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 16, 2009**

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

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