

Ironton Rail – Trail 5K Run/Walk

Presented by:

IRT 22nd Anniversary Celebration



and



Sunday, June 10th, 2018 • Athletic Fields, North Whitehall, PA
The IRT 5K is on a fine screening trail passing historic cement mfg bldgs in North Whitehall.

Walkers Start at 9:30 AM • Runners Start at 10:00 AM

Race Day Registration—8:00 AM to 9:15 AM

• Packet Pick-Up **Friday, June 8th • 3-7 PM** at The Emmaus Run Inn Store •

Registration can be done at: www.brynmawrrunningco.com under events and races

OR mail applications to: **Emmaus Run Inn, 322 Main Street, Emmaus, PA 18049**

Entry Fee: \$25 til May 6, \$30 til June 9, \$35 on Race Day (Proceeds Benefit IRT)

Make Checks Payable to: Ironton Rail-Trail *We prefer you register online*

For more info call Chris at 610-966-9939 or email: cschmidty44@outlook.com

• **POST RACE AWARDS** • **Food and Drink**

Awards: Overall (M&F)

Emmaus Run Inn Gift Cards

1st Place: **\$100** * 2nd Place: **\$50** * 3rd Place: **\$25**

Awards: Runners (M&F) - Top Two in Each Age Group

19 and Under * 20-29 * 30-39 * 40-49 * 50-59 * Over 60

Directions: Rt. 145 N. Turn Left onto Rt. 329 W. Go 1.5 miles then left onto Levans Rd.. At Traffic Light, Continue ¼ Mile, Turn Left to Entrance to North Whitehall Athletic Fields.. 3256 Levans Rd, North Whitehall 18037



St. Luke's University Health Network and Delaware & Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more, sign up at www.tailonthetrail.org It's FREE. Log the miles you walk, run or bike, and earn prizes! Whether you're training for this event, or getting out on trails for fresh air, your miles count! Join today and help us build a healthier community... one mile at a time.



Name: _____ DOB: _____ Age: _____
Street: _____ Email: _____
City: _____ State: _____ Zip: _____
Male: _____ Female: _____ T-Shirt Size: M _____ L _____ XL _____ Walk _____ Run _____

Please enter me into The Emmaus Run Inn's Rail to Trail 5K Run/Walk on June 10, 2018. I know that running a trail/road race is a potentially hazardous activity. I should not enter unless I am properly trained. I agree to abide by decisions of race officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contacts with other participants, the effects of weather (including high heat and/or humidity), traffic and conditions of the road/trail, all such risks being known and appreciated by me. Having read this waiver and these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive The Emmaus Run Inn Store, their officers and agents, all sponsors, their representatives and successors, including the claims or liabilities of any kind arising out of the participating in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use photographs, motion pictures, recordings, or other record of this event for any legitimate purpose.

Signature (Parent/Guardian if Under 18) _____