

# Ironton Rail – Trail 10K Run/Walk

Presented by:

17<sup>th</sup> Annual 10K Run/Walk



and



**Saturday, Aug 25th, 2018 • Saylor Park • Coplay, PA**

The IRT 10K traverses many historical Iron and Cement mfg buildings.

**Walkers Start at 8:30 AM • Runners Start at 9:00 AM**

Race Day Registration—7:00 AM to 8:15 AM

• Packet Pick-Up **Friday, August 24th • 3-7 PM** at The Emmaus Run Inn Store •

**Registration can be done at:** [www.brynmawrrunningco.com](http://www.brynmawrrunningco.com) under events and races

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

**Entry Fee: \$30 til June 10, \$35 til July 15, \$40 til August 24, \$45 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](mailto:cschmidty44@outlook.com)**

## POST RACE AWARDS • CEREMONIES • SNACKS

**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 to Scheetz. Turn right onto Chestnut. At stop sign bear left onto W. Coplay Rd. At stop sign turn right onto Coplay Rd. Continue to bottom of hill and parking lot..



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](http://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 10K Run/Walk on Aug 25, 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)** \_\_\_\_\_