

# Ironton Rail – Trail 5K Run/Walk

Presented by:

IRT 20<sup>th</sup> Anniversary Celebration



and



**Sunday, June 12th, 2016 • 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 10th • 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: \$20 til April 5, \$25 til May 15, \$30 til June 11, \$35 on Race Day (Proceeds benefit the IRT)

Make Checks Payable to: Emmaus Run INN

**We prefer you register online**

T-Shirts to the first 125 registered!

**For more info call Chris at 610-966-9939 or email: [cschmidty44@outlook.com](mailto:cschmidty44@outlook.com)**

**POST RACE AWARDS • IRT 20<sup>th</sup> ANNIVERSARY CEREMONIES & FESTIVAL**

**• Food and Drink, Displays**

**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](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 5K Run/Walk on June 12, 2016. 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)** \_\_\_\_\_