



# SFC Randall Shurghart Memorila 5k Run

presented by Cumberland Ag Expo



**When:** Saturday, August 1, 2020. Race starts at 9:00 am. Registration and Packet pickup 7:30 – 8:30 AM at the starting line.

**Where:** Newville trailhead, Cumberland Valley Rails-to-Trails in Newville, PA

**Course:** Out-and-back on flat, fast crushed limestone surface of the Cumberland Valley Rail Trail, starting and finishing at Newville trailhead. See [www.facebook.com/cumberlandagexpo](http://www.facebook.com/cumberlandagexpo) for complete race-day details.

**Details:** \$20 prior to July 7th. Register online at [www.cvraceseries.us](http://www.cvraceseries.us). Look under upcoming events. Includes short sleeve tech shirt, if received by July 7th. After July 7, entry fee increases to \$25, but no shirt to allow production and shipping for race day. Race Day registration is \$25.

**Purpose:** To raise funds for scholarship, supporting one or more runners graduating from Big Spring High School and going on to an accredited college or trade school. Recipient is selected from eligible applicants. Applications will be accepted as net race proceeds reach \$500 for the following academic yr.

**What else:** One water station at the turnaround point (out and back). A post-race assortment of sports drink, water, fruits and other goodies will be available. Complete results and photos will be posted online at [www.cvraceseries.us](http://www.cvraceseries.us) following the race.

**Directions:** Exit 37 off Interstate 81. Take Route 233 North for 3.8 miles. Turn left onto Vine Street/Route 533. Drive 1 mile, turn left on Cherry St OR Rich St to trailhead parking lot.

**Contact:** Call Scott Lemmon, race director, at 717-422-8216, the Cumberland Ag Expo on Facebook, or email [scottlemmon@yahoo.com](mailto:scottlemmon@yahoo.com). On the web at [www.cumberlandagexpo.com](http://www.cumberlandagexpo.com)

**Print and mail entry to: Cumberland Ag Expo, P.O. Box 341 Boiling Springs, PA 17007. Make checks payable to Cumberland Ag Expo.**

Name \_\_\_\_\_ Male/Female Age (on 8/1/2020) \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_ Phone \_\_\_\_\_ Shirt size: S M L XL

In consideration of accepting entry for this event, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Cumberland Valley Race Series, the Cumberland Valley Rail Trail Council, the Cumberland Ag Expo board of directors, and all volunteers and sponsors while participating, traveling to or from the event start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen. \_\_\_\_\_  
(please initial – by parent if under 18)