

Solstice 5k/10k

On the Cumberland Valley Rail-Trail

Tuesday June 21, 2022, 7 PM



5k / 10k Race

Time: 7:00 PM   

- Race starts **Tuesday evening at 7 PM**
- 5k and 10k have common start and finish
- Out and back on the Cumberland Valley Rail-Trail starting and ending at the Shippensburg Township Park
- Chip timed
- Custom made pottery awards
- No same day registrations

Awards

Top 3 overall male & female

Top 2 masters male & female

Top 2 age groups male & female

(12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

1 Mile Fun Run/Walk

Time: 6:30 am   - **Free**

- Free for kids 1 to 100.
- Out and back on the Rail-Trail
- All finishers 12 & under receive a Ribbon

Celebrate the Solstice and run the first race of summer. Race will start at 7PM on the longest day of the year. Actual Solstice is Tuesday, June 21 at 5:13 AM

Early registration prices available online until 2pm, June 20

Register online and view results at www.CVRaceSeries.us

Registration must be received by June 6 to guarantee a t-shirt • Tech shirt upgrade available

Early mail registration ends June 6. Early registration prices available online until June 20

Bib Pickup will be at the Shippensburg Township Park starting at 5 PM.

No same day registration • Rain or Shine

All proceeds benefit the Cumberland Valley Rail-to-Trails Council (CVRTC) a 501(c)(3) non-profit corporation

For more information or to volunteer contact: **Garret Stahlman • 717.300.1337 • race@cvrtc.org**

Directions to the Shippensburg Township Park: 304 Britton Rd., Shippensburg, PA, 17257 - From the north use I-81 exit 29, turn right onto Walnut Bottom Rd; left onto King Street (US 11). From the south use I-81 exit 24, turn left onto Olde Scotland Rd; left onto Fayette Street; right onto King Street (US 11). Turn onto North Queen Street at Sheetz then turn right onto Britton Road; approximately 1/2 mile to the park.



Make checks payable to: CVRTC, 9048 Possum Hollow Rd, Shippensburg, PA 17257



Register Online
TimbertHillTiming.com

Early registration prices available online until June 20

Event	CVRTC Member (By June 6)	By June 20	No Race day	12 & Under
<input type="checkbox"/> 5k Race	\$15	\$25	-	\$10
<input type="checkbox"/> 10k Race	\$15	\$25	-	\$10

First
 Last
 Street
 City
 State Zip Phone - -
 Email

Male Female Age on Race Day T-Shirt Size Y S M L XL XXL

Extras Qty

Upgrade to tech shirt.\$10.00

Extra tech shirt.....\$15.00

Extra cotton shirt...\$5.00

Donation.....\$

Our preferred method of contact is email. Please provide if possible

Waiver Must Be Read and Signed - I know that running a race is a potentially hazardous activity and that I should not enter the event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running or riding in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Solstice 10k Race, CVRTC, Shape, Timber Hill Technology Solutions, LLC, Cumberland Valley Race Series and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. All fees are nonrefundable.

Signature (parent or guardian must sign if under 18 years old) _____