



SFC Randall Shughart Memorial 5-Mile Run
presented by the Cumberland Ag Expo
Net Proceeds to benefit SFC Randall Shughart
(Big Spring Class of 1976) Scholarship to a Big
Spring High School student.

When: Saturday, August 5, 2017. Race starts at 9:00 a.m. See website for details.

Where: Newville trailhead, Cumberland Valley Rail Trail 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 23 McFarland St., Newville PA 17241, next to Bender's Auto Parts, three blocks off PA 533 Shippensburg Road.

Details: \$30. Includes custom-designed short-sleeve technical T-shirt, if received by July 11. \$35 after July 12 until Race day. No shirt after July 13th. Race is part of the Cumberland Valley Race Series, and earns points according to Series Rules.

Race day packet pickup at CVRT Newville Trailhead, 7:30-8:30 a.m.

Awards: Presented to the top 3 under 40 males and females, plus top masters (40-plus) males and females (12 total awards). No duplication of awards. Custom race keyrings from the Military Apparel Company to the top 3 also. Finisher shirts and prizes must be picked up post-race. 2017 Scholarship winner to be announced from applicants with formal presentation post-race.

What else: Two water stations along course route. An assortment of sports drink, water, fruits and other goodies will be available for finishers. Complete results and photos will be posted online.

Directions: Exit 37 off Interstate 81. Take Route 233 North for 3.8 miles. Turn left onto Vine Street/Route 533. Drive 6/10th of a mile. Turn left on Rich St. Proceed three blocks to the Trailhead Parking.

Contact: Call Scott Lemmon, race director, at 717-422-8216, or email scottlemmon@yahoo.com or online at <http://www.cumberlandagexpo.com> and on Facebook at <http://www.facebook.com/cumberlandagexpo>

Register online at <http://cvraceseries.us/> OR Mail entry to:

Scott Lemmon, P.O. Box 341, Boiling Springs, PA 17007. Make checks payable to Cumberland Ag Expo.

Name _____ Male/Female Age (on 8/5/17) ____

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 Rail Trail Council, Timber Hill Timing, 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)