

# Registration Form

of NEPA has not tried to contradict or minimize my understanding of these risks.

I know that Injuries and Damages can occur by natural causes or activities of other persons, members of my party or group, or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved and I appreciate that I have to exercise extra care for myself and for others around me. I further understand that there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration of the acceptance of my entry, I acknowledge that running/walking in a race is an inherently dangerous sport. I know I should not enter 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 run or walk. I fully realize the dangers of participating in such an event and FULLY ASSUME THE RISKS ARISING OUT OF OR IN ANY WAY CONNECTED WITH SUCH PARTICIPATION WHETHER KNOWN OR UNKNOWN EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF PERSONS OR ENTITIES IDENTIFIED ABOVE ("RELEASEES")

FOR MYSELF, MY HEIRS, ASSIGNEES, AND SUCCESSORS IN INTEREST (collectively "successors"), I HEREBY AGREE TO INDEMNIFY AND NOT TO SUE AND WAIVE, RELEASE, DISCHARGE CLAIMS, HOLD HARMLESS AND RELEASE FROM LIABILITY THE RELEASEES (see paragraph 1) FROM ANY AND ALL RIGHTS AND CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE,

I consent to emergency medical care and transportation in the event of injury to me as medical/first aid personnel may deem appropriate and agree that this release extends to any such medical care, treatment and transportation. I further acknowledge that I will be responsible for the cost associated with any such medical care, treatment or transportation.

I further give full permission to any and all sponsors, organizations, or other entities conducting or associated with this event to use my name and/or likeness relating to my participation in the event without review or compensation and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

This agreement is intended to be as broad as allowed by the laws of the Commonwealth of Pennsylvania. Every term and provision is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision.

**D&H Distance Run-Half-Marathon:** I attest and verify that I am at least 18 years of age. I have read this document in its entirety and understand the Release. I certify my acceptance and agreement to be legally bound by its terms by signing my name below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**5K D&H:** I attest and verify that I am at least 10 years of age. I have read this document in its entirety and understand the Release. I certify my acceptance and agreement to be legally bound by its terms by signing my name below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Parent or Guardian if under 18*

**Mail to** Rail-Trail Council of NEPA  
PO Box 32  
Union Dale, PA 18470

**Questions** 570-679-9300 or [trails@nep.net](mailto:trails@nep.net)

# Sponsors

**Platinum Sponsor**-donation of \$5,000 or more. Personal presence at the race start (acknowledgement), Premium logo on T-Shirt, websites, mile markers and promotional items. Premium banner and entry for 3 participants.

**Gold Sponsor**-donation of \$1,000 or more. Prominent logo on T-Shirt, websites, mile makers and promotional items. Prominent banner and entry for 2 participants.

**Silver Sponsor** -donation of \$500 or more in cash or donated products. Logo on T-shirt, websites, miles makers and promotional items. Listing on sponsor banner and entry for 2 participants.

**Bronze Sponsor** -donation of \$250 or more in cash or donated products. Logo on T-shirt, websites, miles makers and promotional items. Listing on sponsor banner and entry for 1 participant.

**Friends of the D&H**-donation of cash or products valued at less than \$250. Name on race sponsor poster and websites.

**5K Run Sponsor**-\$2,000-Personal presence at 5k (honorary starter), Signature logo on T-Shirt, websites, mile makers and promotional items. Signature banner and entry for 3 participants.



# Volunteers

Many volunteers are needed to run a safe, successful and fun event.

Volunteers help organize the race, work at registration, assist with timing and results, set up and man the water stations, direct parking and crowd control, and assist with post-race beverages and food.

Please call the Rail-Trail office to volunteer.

Elk Mountain Ski Patrol will provide trail patrols on mountain bikes and emergency assistance if needed.

Anyone who brings a non-perishable food item will be entered into our great prize raffle.

Raffle drawing October 24th, 2019  
All food will be donated to our local food bank



# 11th Annual Half-Marathon and 5K

on the

# D&H Rail-Trail

Benefits the continued  
maintenance of the D&H Trail

September 8, 2019

Forest City Trailhead

9 AM Start

Rail-Trail Council of NEPA

Chip Timing by

Scranton Running Company

Registration form at

[GetMeRegistered.com](http://GetMeRegistered.com) and

[dhdistance.com](http://dhdistance.com)

USATF-certified course



# About the Rail-Trail Council of NEPA

The Rail-Trail Council (RTC) is a non-profit organization working to develop recreational trails on abandoned rail beds in northeastern Pennsylvania.



The RTC was organized in 1991 and has since acquired 38 miles of Right of Way. 10 miles of the acquired rail bed have undergone extensive drainage and surface improvements. Another 7 miles of trail was resurfaced this past year from Herrick to Ararat. The D&H half marathon is run on part of the improved trail segment.

RTC intends to continue trail improvements despite their substantial cost. Funding may be obtained from Federal and State agencies, but even this source often requires RTC to match anywhere from 20 – 50%. The D&H Distance Run is one of the ways such funds are raised.

The D&H Rail-Trail extends north from Simpson, PA following the Upper Lackawanna River. It passes through Forest City and then Union Dale after passing the Stillwater Dam. It then goes through Herrick, Thompson and Starrucca. As it continues north, it begins to follow the Starrucca Creek and then enters Lanesboro where it passes under the Starrucca Viaduct -- a spectacular stone railroad bridge. A few miles further north, it meets the New York border.

The D&H Rail-Trail is linked to trails to the south and is part of a master plan for a series of trails that will extend from Washington Crossing PA all the way to upstate New York.

All athletes registered by August 17th will receive a T-shirt.



[www.neparailtrails.org](http://www.neparailtrails.org)

## Course Descriptions



- The 13.1 mile race will be an 'out and back' run on the D&H Rail-Trail from Forest City to Union Dale. Course is USATF Certified.
- The trail is approximately 15 feet wide and recently resurfaced with fine crushed stone, for a superb running surface.
- The course is basically flat with a slight upgrade going northward and a slight downgrade for the return and finish.
- Water stations will be approximately every 2 miles.
- Post race snacks will be available.
- The race is a great tune-up for those training for the Steamtown Marathon and a great race for those attempting longer distance runs.
- Race participants will be limited to 400. Registration packets can be picked up race day starting 7:30 AM.



## Directions

The D&H Rail-Trail is located off Route 247 in Forest City. From Carbondale, take Route 171 North to Forest City. Turn right on Rte 247 (after Kost Tire). Go 1/3 mile to first right into the Greater Forest City Industrial Park.

Lat 41°38'44.99"N, Long 75°27'46.11"W

For detailed directions from other locations, see [www.neparailtrails.org](http://www.neparailtrails.org)

## Awards

**Runners** — Top 3 Male & Female Overall

Top 3 in age divisions Male & Female  
18-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70+

Masters Top 3 Male & Female

Every 1/2 marathon finisher will receive a medal

5K Awards

Awards to Top 3 Finishers Male & Female

No duplicate awards.

**Walkers** welcome (no awards for walkers)



## Registration Form

Register on-line at [GetMeRegistered.com](http://GetMeRegistered.com) OR use this form.

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

### Emergency contact

Name \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_ Runner 1/2 \_\_\_\_\_ 5K *Please check*

**Half-Marathon Entry Fee:** *limited to first 400 entries*

\$45 postmarked by August 17th

\$60 after August 17th (*T-shirt/size not guaranteed*)

**D.O.B.** \_\_\_\_\_ (*you must be 18 years old on race day to race*)

**5K Entry Fee:** *limited to first 150 entries*

\$20 postmarked by August 17th

\$25 after August 17th (*T-shirt/size not guaranteed*)

**D.O.B.** \_\_\_\_\_ (*you must be 10 years old on race day to race*)

**T-shirt size** (*circle*) Youth L S M L XL XXL

**Gender:** Male Female

GENERAL ASSUMPTION OF RISK AND RELEASE OF LIABILITY  
RAIL TRAIL COUNCIL OF NORTHEASTERN PENNSYLVANIA  
RACE PARTICIPANT OFFICIAL RELEASE FORM

READ CAREFULLY BEFORE SIGNING

I request permission to participate in a race/event on property owned and operated by the Rail-Trail Council of Northeastern Pennsylvania (NEPA). I desire, at my own risk, to participate in the event and I ACKNOWLEDGE THAT BY SIGNING THIS RELEASE, I RELEASE the Rail-Trail Council of NEPA, race sponsors, the organizer and any promoting organizations, volunteers, property owners, law enforcement agencies, all public entities, boroughs, townships and other municipalities, and their respective agents, officials and employees, members, sponsors, promoters and affiliates (collectively "RELEASEES") FROM ALL LIABILITY resulting from any and all injury to myself or to any person or any other damages, demands and causes of action arising from or as a result of my participation in the D&H Distance Run/5K/Walk.

I understand that my use of the property and participation in the event exposes me to a variety of hazards and risks, foreseen and unforeseen, which are inherent and cannot be eliminated without destroying the unique character of the experience. These inherent risks include but are not limited to, serious personal injury, property damage, and death ("Injuries and Damages"). Rail Trail Council

*Continued on back, signature required*

Questions? 570-679-9300 or [trails@nep.net](mailto:trails@nep.net)