



CAMBRIA COUNTY TRAILS SERIES - SUMMER 2016 -

*All proceeds benefit the Friends of the Trails fund, which exists to preserve, maintain, and enhance the Cambria County Trails.

May 14

Jim Mayer Trail Family Fun Run 5k Run/Walk & Kids' Trail Trot



Check out the new 1.7 mile extension of the Jim Mayer Riverswalk Trail in Johnstown. Course begins/ends at Sandysvale. Child Care available. Trail Trot start: 9:15a.m.; 5k start 9:30 a.m.

June 18

Ghost Town Trail Challenge 50k • 25k • 13k

Up for a challenge? Challenge yourself, family, & friends to hike or run the entirety (32 miles) of the Ghost Town Trail by sundown on the longest Saturday of the year. The Challenge also includes the Half Challenge (16 mile) & Friends/Family Challenge (8 miles) events. Shuttle & group discounts available. **Start 7:30 a.m.**



July 23

Path of the Flood - Bike & Hike 10 mile Bike • 5k Hike/Run



If you want to take in the historical nature and beautiful views of the Path of the Flood Trail, which takes the path of the Johnstown Flood of 1889, register for this unique duathlon experience. **Start: 9 a.m.**



For details & to register:
www.cambriaconservationrecreation.com/trail-events/



The CCCRA Cambria County Trails Series presents:
THE JIM MAYER TRAIL
FAMILY FUN RUN 5K/KIDS' TRAIL TROT
May 14, 2016 ~ Johnstown, PA
9:15 - Trail Trot - 9:30 - 5k Run/Walk

PROCEEDS – ALL race proceeds will go towards enhancing, maintaining, and preserving the Cambria County Trails.

REGISTRATION -Register online (www.ultrasignup.com “Jim Mayer Trail Family Fun Run”), by mail, or on Race Day.

Until May 3rd (guaranteed a Tech Shirt)

\$23.00 - 5k Run/Walk
 \$18.00 - 5k for Friends of the Trails Members
 \$ 5.00 - Kids' Trail Trot (8 and under)

May 4th through Race Day (not guaranteed a tech shirt)

\$28.00 - 5K Run/Walk
 \$23.00 - 5k for Friends of the Trails Members
 \$ 5.00 - Kids' Trail Trot (8 and under)

COURSE - The 5k course will be along the new section of the Jim Mayer Trail that extends from Sandyvale Memorial Gardens and Conservancy to the Bridge Street crossing in Johnstown. The out-and-back course will begin and end at Sandyvale and will include two traffic-directed road crossings. Participants will pass two water/aid stations on the course.

PARKING - Sandyvale Memorial Gardens & Conservancy (80 Hickory Street, Johnstown, PA 15902) and across from Sandyvale along Baumer Street.

AWARDS - Medals will be awarded to the top 3 Male and top 3 Female finishers in the 5k race. All kids (under the age of 8) who participate in the Trail Trot will receive a handmade medal at the finish line.

KIDS' TRAIL TROT - Kids under the age of 8 years old can participate in the 1/4 mile Trail Trot at 9:15 a.m. at the 5k start line for only \$5. All kid participants will receive a handmade medal upon completion. If parents would like to run or walk the 5k, free childcare (including games and activities) will be provided at the 5k finish line at Sandyvale. Email lbird@co.cambria.pa.us to reserve childcare on race day.

TIMING & RESULTS - The 5k Race will be officially timed via UltraSignUp. Finisher results and photos will be posted on our website and emailed to all participants. Participants will receive race day photos at no cost.

**For more information or questions, contact Leanna Bird at LBird@co.cambria.pa.us or 814.472.5440 x4020.

I WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS OR DAMAGES OR SUIT I MAY HAVE AGAINST THE CCCRA, SANDYVALE MEMORIAL GARDENS & CONSERVANCY, THE CITY OF JOHNSTOWN, AND ANY OTHER OFFICIALS OR SPONSORS OF THE JIM MAYER TRAIL FAMILY FUN RUN 5K/TRAIL TROT TO BE HELD ON MAY 14, 2016 IN JOHNSTOWN, PA. I GRANT PERMISSION TO THE CCCRA TO USE MY PHOTOGRAPHS FROM THIS EVENT FOR PROMOTIONAL PURPOSES.

Signature (parent/guardian if under 18) _____ Date _____

Name _____

Address _____

City _____ State _____ Zip _____

5k _____ Trail Trot _____ Gender _____ Age _____

Shirt Size (5k only): S M L XL XXL

Email: _____

Are you a Friend of the Trails? _____

For a discounted registration & to become a member, mail in attached membership form or visit our website. www.cambriaconservationrecreation.com

Total Enclosed \$ _____

To register, clip and mail form to: CCCRA
 401 Candlelight Dr., Suite 240
 Ebensburg, PA 15931
 Make checks payable to Cambria County Conservation & Recreation Authority. Memo: “Jim Mayer Fun Run”



The CCCRA Cambria County Trails Series presents:

The Ghost Town Trail Challenge

50k · 25k · 13k

June 18, 2016

PROCEEDS – ALL challenge proceeds will go towards enhancing, maintaining & preserving the Cambria County Trails.

COURSE - The First Annual Ghost Town Trail Challenge will be held on June 18, 2016, the Saturday nearest the summer solstice, the longest day of the year. The Challenge is a 32-mile long (50k), one-day, sunrise to sunset endurance hike (or run) on nearly the entire Ghost Town Trail from Blairsville, PA to Ebensburg, PA. Unlike a footrace, the "challenge" is not to come in first or win, but to endure, to finish the hike in one day. The Challenge starts at Saylor Park in Blairsville, PA and ends 32 miles later at the Young People's Community Center in Ebensburg, PA.

EVENTS - There are 3 Challenge events to choose from on June 18, all taking place on The Ghost Town Trail:

Full Challenge (32 Miles - 50k) – Starts at 7:30 a.m. at Saylor Park in Blairsville & ends at the YPCC in Ebensburg.

Half Challenge (16 Miles - 25k) - Starts at 7:30 a.m. near the Wehrum Trailhead & ends at the YPCC in Ebensburg.

Friends/Family Challenge (8 Miles - 13k) - Starts at 7:30 a.m. at the Nanty Glo Trailhead and ends at the YPCC.

REGISTRATION – Register online (www.ultrasignup.com “Ghost Town Trail Challenge”) or by mail by June 16th.

UNTIL JUNE 5

\$48.00 - 50k (Full 32 Mile Challenge)
\$44.00 - 50k Group Challenge (Full 32 Mile Challenge) – discount for groups of 6+ people - price per person
\$43.00 - 50k (Full 32 Mile Challenge) for Friends of the Trails Members
\$40.00 - 25k (Half/16 Mile Challenge)
\$36.00 - 25k Group Challenge (Half/16 Mile Challenge) – discount for groups of 6+ people - price per person
\$35.00 - 25k (Half/16 Mile Challenge) for Friends of the Trails Members
\$35.00 - 13k (Friends/Family 8 Mile Challenge)
\$31.00 - 13k Group Challenge (Friends/Family 8 Mile Challenge)-discount for groups of 6+ - price per person
\$30.00 - 13k (Friends/Family 8 Mile Challenge) for Friends of the Trails Members

JUNE 6 THROUGH JUNE 16 (NO RACE DAY REGISTRATION)

\$53.00 - 50k (Full 32 Mile Challenge)
\$49.00 - 50k Group Challenge (Full 32 Mile Challenge) - discount for groups of 6+ people - price per person
\$48.00 - 50k (Full 32 Mile Challenge) for Friends of the Trails Members
\$45.00 - 25k (Half/16 Mile Challenge)
\$41.00 - 25k Group Challenge (Half/16 Mile Challenge) - discount for groups of 6+ people - price per person
\$40.00 - 25k (Half/16 Mile Challenge) for Friends of the Trails Members
\$40.00 - 13k (Friends/Family 8 Mile Challenge)
\$36.00 - 13k Group Challenge (Friends/Family 8 Mile Challenge)discount for groups of 6+ - price per person
\$35.00 - 13k (Friends/Family 8 Mile Challenge) for Friends of the Trails Members

SHUTTLE SERVICES & PARKING

Shuttle services to the start lines of all three events will be available and free to participants, courtesy of First Student Ebensburg. Shuttle buses will leave at 6:30 a.m. from the Young People's Community Center in Ebensburg, PA (300 Prave Street, Ebensburg, PA 15931) to take participants to the start lines. Participants may park at the gravel parking lot near the Young People's Community Center Trailhead.

FOOD/AID STATIONS - Plenty of Aid/Fuel stations, complete with refuel food, gatorade, water and First Aid, will be available for participants of every event along the Ghost Town Trail all day on June 18th. It is recommended that you also wear a hydration pack or bring a water bottle with you.

AWARDS - All Pre-registered Participants are guaranteed a Tech Shirt along with a souvenir GTT Challenge tumbler. All GTT Challenge finishers will receive a commemorative finisher medal.

TIMING - All Ghost Town Trail Challenge events will be officially timed. Finisher results will be posted on our website and on UltraSignUp.com. Results and photos will also be emailed to all participants.

RESULTS & PHOTOS - Results and photos from The Ghost Town Challenge will be available on our website or via Ultra Signup. Visit www.cambriacconservationrecreation.com or www.ultrasignup.com (Keyword: Ghost Town Trail Challenge") to view results and photos. Results and photos will also be emailed to all participants.

**For more information or questions, contact Leanna Bird at LBird@co.cambria.pa.us or 814.472.5440 x4020.

**THE GHOST TOWN TRAIL CHALLENGE
REGISTRATION FORM**

I CERTIFY THAT I WILL BE PHYSICALLY TRAINED AND PREPARED FOR THIS EVENT BY RACE DAY. I HEREBY WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS OR DAMAGES OR SUIT I MAY HAVE AGAINST THE CAMBRIA COUNTY CONSERVATION & RECREATION AUTHORITY, INDIANA COUNTY PARKS & TRAILS, EBENSBURG BOROUGH, AND ANY OTHER OFFICIALS OR SPONSORS OF THE GHOST TOWN TRAIL CHALLENGE TO BE HELD ON JUNE 18, 2016. I GRANT PERMISSION TO THE CCCRA TO USE MY PHOTOGRAPHS FROM THIS EVENT FOR PROMOTIONAL PURPOSES.

Signature (parent/guardian if under 18) _____ Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Gender ____ Age _____

Email: _____

Shirt Size (circle one): S M L XL XXL

Event (circle one): 50k 50k Team Challenge

 25k 25k Team Challenge

 13k 13k Team Challenge

If you are registering for a Team Challenge, what is your Team/Business/Organization Name? _____

Are you a Friend of the Trails? _____

*For a discounted registration & to become a member, mail in attached membership form or visit our website:

www.cambriacconservationrecreation.com

Total Enclosed \$ _____

To register, clip and mail form to:

CCCRA

401 Candlelight Dr., Suite 240

Ebensburg, PA 15931

Make checks payable to Cambria County
Conservation & Recreation Authority.

Memo: "Ghost Town Trail Challenge"

**For more information or questions, contact Leanna Bird at LBird@co.cambria.pa.us or 814.472.5440 x4020.



The CCCRA Cambria County Trails Series presents:

THE PATH OF THE FLOOD BIKE & HIKE DUATHLON 10 MILE BIKE – 3 MILE HIKE/RUN JULY 23, 2016

PROCEEDS - ALL race proceeds will go towards enhancing, maintaining, & preserving the Cambria County Trails.

COURSE - The course will take the route of the historic Johnstown Flood of 1889. Participants will begin the bike portion in South Fork, proceed onto the Path of the Flood Trail via the Ehrenfeld Trailhead, and continue along the trail until the 5K transition point in Franklin. The “hike” portion will begin at the transition point on the trail and end at People’s Natural Gas Park in Johnstown. Participants are asked to bring a bike lock to secure their bike before beginning the 5k run/walk. A race volunteer will stay with the bikes until participants pick them up at the end of the race. Mountain or hybrid bikes are advised as a 1-mile section of the trail contains semi-technical surface material. Multiple water stations will be along the course.

REGISTRATION - Register online (www.ultrasignup.com “Path of the Flood Bike & Hike”) or by mail. Due to shuttle service reservations, there is no race day registration. All pre-registered participants are guaranteed a high quality tech shirt.

Until July 13

\$35.00 – Bike/Hike

\$30.00 – Bike/Hike for Friends of the Trails

July 14 – July 21

\$40.00 – Bike/Hike

\$35.00 – Bike/Hike for Friends of the Trails

PARKING - Available at Conemaugh 1 Lot across the street from the Johnstown Amtrak Station on Walnut Street. This will be one and a half blocks from the finish line.

BIKE DROP-OFF/PICK-UP – All participants will need to drop off their bikes at the Start line, located at Lake Union Church (located at 311 Frankstown Rd., South Fork, Pennsylvania 15956) & then park their car at the Conemaugh 1 Lot across from the Amtrak Station in Johnstown (see above), which is about 15 minutes away from the start line.

SHUTTLE SERVICES - Shuttle services to the start line in South Fork will be available and free to participants. Shuttles will begin leaving at 8 a.m. and the last shuttle bus will leave at 8:15 a.m. from the Conemaugh 1 Parking Lot across the street from the Johnstown Amtrak Station on Walnut St.

TIMING, RESULTS, & PHOTOS - The 5k Race will be officially timed via UltraSignUp. Finisher results and photos will be posted on our website and emailed to all participants.

I WAIVE AND RELEASE ALL RIGHTS FOR CLAIMS OR DAMAGES OR SUIT I MAY HAVE AGAINST THE CCCRA, THE NATIONAL PARK SERVICE, THE CITY OF JOHNSTOWN, AND ANY OTHER OFFICIALS OR SPONSORS OF THE PATH OF THE FLOOD BIKE & HIKE TO BE HELD ON JULY 23, 2016 IN JOHNSTOWN, PA. I GRANT PERMISSION TO THE CCCRA TO USE MY PHOTOGRAPHS FROM THIS EVENT FOR PROMOTIONAL PURPOSES.

Signature (parent/guardian if under 18) _____ Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Gender ____ Age _____

Shirt Size (5k only): S M L XL XXL

Email: _____

Are you a Friend of the Trails? _____

For a discounted registration & to become a member, mail in attached membership form or visit our website.

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Total Enclosed \$ _____

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