

Saturday June 3, 2017

National Trails Day

19th Annual D&R Canal



Rain or Shine!

Towpath 'Train'ing Run

Named as one of "The 10 Best Marathons in the Northeast" by healthline.com, RVRR's 'Train'ing Run is a non-competitive Group Run held to celebrate National Trails Day and benefit the Rutgers Cancer Institute of New Jersey. We donate \$.50 for every mile we run or walk! Plus...\$100 donation to Visiting Running Club with most members. Runner Up donation, as well!

Run part, or all, of the 34.6 mile D&R towpath together in a group!

Groups of runners (called 'trains') will run (travel) at pre-determined paces to Johnson Park in New Brunswick (the destination station). Small groups of runners who challenge themselves to go the entire distance start in Trenton. As they run north, the 'trains' add additional runners (passengers) who

join (board their 'train') at the speed they want to travel. By the end, one massive group of runners and walkers will be moving in a continual train along the Towpath. Commuter, Local and Freight trains will have an official pacer (conductor) to keep these trains on schedule. Trains stop at each

'station' along the way, and from Alexander Road to the end there is fuel (water and/or snacks) available. All trains are scheduled to reach the destination at 11 a.m. to rest, feast and celebrate a day of running camaraderie. **Join us for the best running day of your life!**

Boarding Schedule Runners Departure Time from Station

Miles	Station	Bus #:	Express	Commuter	Local	Freight		
			7:30 pace	8:30 pace	9:30 pace	10:30 pace		
34.6	Mulberry Rd.		2A	2A	1A	1A		
31.7	Carnegie Rd.		6:18	5:44	5:10	4:37		
28.8	Quaker Bridge Rd.		6:40	6:09	5:38	5:07		
			7:02	6:34	6:06	5:37		
		Bus #:		1B	1B			
26.2	Alexander Rd.		7:23	6:58	6:32	6:07		Steam
22.4	Rte 27 Kingston		7:54	7:32	7:10	6:49		12:00 pace
		Bus #:	1C	2B	2B	3A		1B
20.5	Rte 518 Rocky Hill		8:10	7:50	7:30	7:11		6:41
		Bus #:	1C	1C	2B	2B		3A
17.4	Griggstown		8:35	8:19	8:02	7:45		7:20
		Bus #:	2C	2C	3B	3B		2B
13.9	Blackwells Mills		9:04	8:50	8:37	8:24		8:04
		Bus #:	2C	2C	2C	3B		3B
11.8	Amwell Rd.		9:21	9:10	8:59	8:48		8:31
		Bus #:	1D	1D	1D	1D		3B
9.7	Paul Krentar Sta		9:39	9:30	9:21	9:12		8:59
		Bus #:	2D	2D	2D	2D		3C
6.0	South Bound Brk		10:09	10:03	9:58	9:53		9:45
		Bus #:	3D	3D	3D	3D		3D
2.8	Demott Lane		10:35	10:33	10:31	10:28		10:25
0.7	Landing Lane		10:53	10:53	10:53	10:53		10:53
0.0	Johnson Park		11:00	11:00	11:00	11:00		11:00

All times are A.M.!

- This is a group effort, intended to challenge you to run **long**, run **together**, and enjoy your run.
- There are six trains – at 7:30, 8:30, 9:30, 10:30, 12:00 and 15:00 minutes per mile. Pick your train and your distance carefully!
- You may board any train at any of the boarding stations listed.
- Plan to stay and enjoy the post-run celebration, and have your family join us there!

Times listed above are the Runners' departure time **at the tow path station**. Departure times include a 2-minute refueling stop at each station. Water/snack support begins at Alexander Road.



Bus Departure Times (A.M. !):	
Bus 1A	3:45
Bus 2A	5:00
Bus 3A	6:20
Bus 1B	5:55
Bus 2B	6:50
Bus 3B	7:55
Bus 1C	7:30
Bus 3C	9:10
Bus 2C	8:20
Bus 1D	8:50
Bus 2D	9:35
Bus 3D	10:00

Bus Transportation to selected stations!

Leave your car in Johnson Park... Buses leave from Grove 4 *promptly* at the times shown. Your bus may leave an hour or more before your running start time so don't be late!

Please indicate on the registration form if you need bus transportation by indicating your bus number. Buses will fill first-come-first-served. You will be notified if the bus is full.

All runners should have everything they need to run with them on the bus, and *only* what they need. **Nothing can be left on the bus once you reach your station!**

- Your "train fare" includes fueling stations (water/snacks) along the way, and meat, fish, vegetarian dishes, salads & beverages at the picnic.
- Fueling stations will only be open for five minutes following the scheduled arrival time for each train.
- Remember to thank the RVRR support staff. Without them, it would be a long, thirsty day!
- We have a Frequent 'Train'ing Program! Runners who complete 100, 200, 300 or 400 total miles of 'train' running will receive a commemorative mug.

Have Fun!

Questions? Call Ray Petit at 848-391-0200 or email raypetit@comcast.net

Registration Form ...or register on-line at www.active.com

Please make Train Fare check payable to RVRR and mail to: RVRR, c/o 71 Central Ave., East Brunswick NJ 08816

ALL ITEMS REQUIRED TO BE COMPLETED!

First Name _____ Last Name _____

Email: _____

Age: _____ Cell Phone #: _____ - _____ - _____

Bus #: _____ Boarding Station: _____

Enter bus # or N/A if not using a bus

TRAIN FARE:		
Any Running Club member /Non-member:		
_____ \$ 20	by 5/14	_____ \$ 25
_____ \$ 25	by 5/28	_____ \$ 30
_____ \$ 30	after 5/28	_____ \$ 35
_____ \$12/\$5 Adults/Kids (picnic only)		
\$_____ Donation for the Cancer Institute		
Name of Running Club- _____		
Total Enclosed: \$ _____		

I, the undersigned, know that running is a potentially hazardous activity. I understand that the tow path has a natural crushed stone and dirt surface and some areas may have exposed tree trunks, standing water, active spillways and other natural elements. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic crossings and the conditions of the tow path, all such risks being known and appreciated by me. I agree to abide by any decision of an RVRR or NJ Park Service official relative to my ability to safely complete the event. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the event directors, all organizing committees, the County of Middlesex, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____
(by self or by guardian if under 18)

DATE _____

