



Saturday, June 4, 2011
13th Annual D&R Canal

Towpath 'Train'ing Run

A Raritan Valley Road Runners Event- Rain or Shine!!

RVRR's "Train"ing Run is a non-competitive **Group Run** held on National Trails Day to benefit the **Cancer Institute of New Jersey**. We donate \$.50 for every mile we run or walk!

Run part, or all, of the 34.1 mile D&R towpath together in a group! The 'trains' (of runners) depart from Trenton, each with an official pacer, and make their way at pre-determined paces toward their destination station, Johnson Park, in New Brunswick. The trains stop at each 'station' along the way to pick up other passengers (runners or walkers). All trains are scheduled to reach our destination station at the same time. Feel the power of the group as you enter Johnson Park as one!

Boarding Schedule

Station	Distance To End	Time of Departure				Fuel Available	Transportation
		7:30 pace Express	8:30 pace Local	9:30 pace Freight	10:30pace Caboose		
Mulberry Rd. Trenton	34.1 miles		6:00 AM	5:25 AM			car pool
Carnegie Rd.	31.2 miles		6:24 AM	5:53 AM			
Quaker Bridge Rd.	28.3 miles		6:50 AM	6:21 AM			
Alexander Rd. Princeton	25.7 miles		7:13 AM	6:45 AM		drinks	
Rte 27 Kingston	21.9 miles		7:46 AM	7:22 AM		drinks/snacks	
Rte 518 Rocky Hill	20.0 miles	8:25 AM	8:03 AM	7:40 AM	7:18 AM	drinks	Bus # 1 or 2
Griggstown Causeway	16.9 miles	8:50 AM	8:31 AM	8:12 AM	7:53 AM	drinks/snacks	Bus # 1 or 2
Blackwells Mills Rd.	13.4 miles	9:13 AM	9:02 AM	8:46 AM	8:33 AM	drinks	Bus # 3 or 4
Rte 514 Amwell Rd.	11.3 miles	9:31 AM	9:21 AM	9:08 AM	8:57 AM	drinks/snacks	Bus # 3 or 4
Weston Causeway – the Paul Krentar Station	9.2 miles	9:49 AM	9:40 AM	9:30 AM	9:21 AM	drinks	Bus # 5
South Bound Brook Lock	5.5 miles	10:19 AM	10:14 AM	10:06 AM	10:02 AM	drinks/snacks	Bus # 6
Demott Lane	2.3 miles	10:43 AM	10:40 AM	10:38 AM	10:36 AM	drinks	
Landing Lane Bridge	0.2 miles	10:58 AM	10:58 AM	10:58 AM	10:58 AM		
Johnson Park Grove 5 Picnic Area	0.0 !!!!!	11:00 AM	11:00 AM	11:00 AM	11:00 AM	PICNIC!!	

Note: Departure times are calculated to include a 2-minute refueling stop at each station.

Bus Transportation to selected stations!

Leave your car in Johnson Park and picnic all day after the run! All Buses leave from the Grove 5 Parking Lot at the times shown.

Please indicate on the registration form if you will use the bus transportation.

Buses will fill first-come-first-served. You will be notified by email if the buses are 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!**

Bus #	Departs:	To Stations:	For Trains:
1	6:45 AM	Rocky Hill Griggstown	Freight, Caboose Caboose only
2	7:25 AM	Rocky Hill Griggstown	Express, Local Express, Local, Freight
3	8:00 AM	Blackwells Mills Amwell Road	Freight, Caboose Freight, Caboose
4	8:40 AM	Blackwells Mills Amwell Road	Express, Local Express, Local
5	9:00 AM	Paul Krentar	All Trains
6	9:45 AM	South Bound Brook	All Trains

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

Post Run Picnic Included in your Train Fare!



"Train" Highlights

- ✓ The scenic towpath trail follows the Raritan River, Delaware-Raritan Canal and Millstone River.
- ✓ This is a group effort, where every participant wins. It is intended to challenge runners to run long, **run together**, and enjoy their training run.
- ✓ In 2010, our runners completed 1823 miles and donated \$1000.00 to the Cancer Institute of NJ!
- ✓ Four trains will move at 7:30, 8:30, 9:30 and 10:30 per mile pace... no faster, no slower. Pick your train and your distance carefully!
- ✓ A two minute refueling stop at each station is programmed into the pace and departure times.
- ✓ Runners are encouraged to **'take the bus to the train'**.
- ✓ You may board any train at any of the boarding locations listed. You must be ready when the "train" passes, it will not wait!
- ✓ Pacers will keep each train on time and on schedule.
- ✓ Stay with your train to ensure you don't miss the fueling stations. Stations will only be open for five minutes following the scheduled arrival time.
- ✓ This event is limited to 200 participants – so register early!
- ✓ Remember to thank the RVRR support staff. Without them, it would be a long, thirsty day!
- ✓ All runners, regardless of distance or pace, finish together in Johnson Park, at exactly 11:00 AM.
- ✓ Johnson Park Grove #5 is reserved for the entire day for RVRR's use — plan to stay and enjoy the park, and have your family join us! For directions, see www.rvrr.org.
- ✓ Your "train fare" includes fueling stations along the track, and assorted beverages, hot & cold meat, fish, vegetarian dishes & salads at the picnic.
- ✓ The total mileage run by all runners will be totaled at the end of the run. **A donation of \$.50 per mile will be made to the Cancer Institute of NJ.**
- ✓ June 4th is National Trails Day!! Please leave the trail/park cleaner than you found it.
- ✓ Remember to report your mileage at the end!
- ✓ We have a Frequent Towpath 'Train'ing Program! Runners who have completed 100, 200 or 300 total miles since event started will receive a commemorative mug.

✓ **Remember to Have Fun!**

Registration Form

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

Or register on-line at www.active.com.

Name: _____

Last

First

Age: _____

Email (REQUIRED, PRINT CLEARLY): _____

Cell Phone # (REQUIRED): _____ - _____ - _____

Check here to request car transport to Trenton

Check here to request Bus transport to your station

#: **Fare:**

_____ \$ 12 RVRR members (by 5/31)

_____ \$ 15 non members (by 5/31)

_____ \$ 20 (after 5/31)

_____ \$ 12 students

_____ \$ 30 to join RVRR and run

_____ \$10/\$3 Adults/Kids (picnic only)

Boarding Station: _____

Miles Projected: _____

Departure Bus #: _____

Total Fare: \$ _____

Extra Donation: \$ _____
(Cancer Institute of NJ)

Total Enclosed: \$ _____

If you signed up to join RVRR, please include your address! (PRINT CLEARLY):

Street _____

Town _____

State _____

Zip _____

I, the undersigned, know that running is a potentially hazardous activity. I understand that the tow path has a natural crushed stone 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 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 _____

