

15<sup>th</sup> Annual

# Solstice 5k & 10k

On the Cumberland Valley Rail Trail

**Thursday, June 20, 2024**



Shippensburg Township Park  
Trailhead, Shippensburg, PA

## 5k / 10k Race

**Time:** 7:00 PM   

- Race starts **Thursday evening at 7 PM**
- 5k and 10k have common start and finish
- Out and back on the CV Rail Trail starting and ending at the Shippensburg Township Park
- Custom made pottery awards

### Awards

Top 3 overall male & female

Top masters male & female

Top age groups male & female

(12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over)

## 1 Mile Fun Run / Walk

**Time:** 6:30 PM   - **Free**

- **Free for kids 1 to 100**
- Out and back on the Rail Trail
- All finishers 12 & under receive a Ribbon

Celebrate the Solstice and run the first race of summer. Race will start at 7 PM on the longest day of the year. Actual Solstice is Thursday, June 20 at 4:51 PM

**Early registration prices available online until 2pm, June 20**

**Register online and view results at [www.CVRaceSeries.us](http://www.CVRaceSeries.us)**

*Registration must be received by June 5 to guarantee a t-shirt • Tech shirt upgrade available*

**Early registration prices available online until 2pm, June 20**

Bib Pickup will be at the Shippensburg Township Park starting at 5 PM

**Rain or Shine**

All proceeds benefit the Cumberland Valley Rail-to-Trails Council (CVRTC) a 501(c)(3) non-profit corporation  
For more information or to volunteer contact: **Garret Stahlman • 717.300.1337 • [race@cvrtc.org](mailto:race@cvrtc.org)**

**Directions to the Shippensburg Township Park:** 304 Britton Rd., Shippensburg, PA, 17257 - From the north use I-81 exit 29, turn right onto Walnut Bottom Rd; left onto King Street (US 11). From the south use I-81 exit 24, turn left onto Olde Scotland Rd; left onto Fayette Street; right onto King Street (US 11). Turn onto North Queen Street at Sheetz then turn right onto Britton Road; approximately 1/2 mile to the park.

