

Harmony Trail Heroes 5K



**Brooktree Center Office
Park, Wexford,
Pennsylvania
October 6, 2018**

HARMONY TRAIL HEROES 5K

WEXFORD, PENNSYLVANIA

Please join us on Saturday, October 6, 2018 for the 1st Annual Harmony Trail Octoberfest 5K. This event will be a non-profit fundraising event that will benefit local first responder and veterans' organizations.

Harmony Trail Heroes 5K: Saturday, October 6, 2018: 10:00 AM - 2:00 PM

EVENT	TIME	PRICE	DETAILS
5K Friends and Family (Adult)	10:00	\$25	Up to 10 per team
5K Friends and Family (Child)	10:00	\$20	Up to 10 per team
5K for the Fallen (Light)	12:00	\$25	No additional lbs.
5K for the Fallen (Heavy)	12:00	\$25	35 additional lbs.
5K Dog Run on Leash	1:00	\$25	One dog per runner

Price is per person; each member of a team must register individually.

Note, due to the limited size of the trail participants/teams will be placed into corrals by time. Your corral time will be provided once your registration is accepted.

Corral times for participants and teams can be suggested at the time of registration and every attempt will be made to accommodate.

Individuals on a team will have their time tracked. Their time will be averaged with the rest of team for their team time.

DESCRIPTION

- Come support two worthy causes (Select at time of registration):
 - The Friends and Family and Dog Run will be used to support:
 - <https://warrriordogfoundation.org> in honor of Dark, recently deceased Northern Regional Police K9 Officer
 - Proceeds from the Fallen 5Ks will be used to support:
 - Military: <https://www.taps.org/>
 - Police: Western PA Chiefs Association
- The race will begin at 5000 Brooktree Road, Wexford, PA.
- Course includes the RCTC Harmony Trail and local neighborhoods
- The course itself is a combination of road, level walking trails and heavy wooded trails and contains substantial hill challenges.
- The event also features memorials for our fallen family and friends who are represented by those participating in the Fallen 5K events.
- The race will be timed by Runner's High
- Food and other fund-raising activities will be available
- Parking will be in select parking lots in the Brooktree Center Office Park as directed by race volunteers upon arrival

REGISTRATION

- See the attached links for registration:
 - <https://www.rachelcarsontrails.org/events>
- Last day of registration: Sunday, September 30, 2018
- Pre-Race Packet Pickup: Friday, October 5 5-7 PM Wexford Flats New Balance Fitness Store
- Cancellations will be accepted up to last day of registration, Sunday, September 30, 2018.
- **Shirts and hats are available during registration process and are not included in the registration fee.**

VOLUNTEER @ RCTC Website

SPONSORS:

- Rachel Carson Trail Conservancy
- Blue Heron Home Owners Association
- Brooktree Center Office Park
- Gordon's New Balance Fitness Pittsburgh
- Pine Township
- Emporio
- BJs Restaurants

BENEFITS:

- Warrior Dog Foundation
- TAPS – Tragedy Assistance Program for Survivors
- Western Pennsylvania Chiefs Association