

HELP SUPPORT THE TRAIL



CHALLENGES

- **D&H Distance Run** (1/2 marathon)
 - **5K Run**
 - **40-mile bike race**
 - **20-mile bike race**
- **Walking challenges** (untimed)

\$20 each challenge!

Get a cool T-shirt! Get a free raffle ticket!

REGISTER@

RunSignUp.com/dandhdistancerun

**CHALLENGE YOUR FRIENDS!
RESULTS ARE POSTED ONLINE.**

Use any app to time your run, bike or measure your distance anytime during September, PA's Trails Month

Questions?

Rail-Trail Council

570-679-9300

trails@nep.net

**Your participation helps to fund the maintenance
and further improvements on the D&H**