



Planned Giving to the Montour Trail

As your Trail grows our needs seem to grow even faster. Fortunately, we have taken some steps in planning that give interested and willing Trail supporters many ways to maintain the Trail and even beautify it as a lovely “linear” park.

Why does the trail need your support? Like many other organizations, we have two primary financial concerns, original construction and long-term maintenance. While federal, state and even local grants are often available during construction, they are far less likely for maintenance. That is where endowment funds are vital in addition to annual giving.

Several years ago, we established our Montour Trail Endowment Fund and contracted with The Pittsburgh Foundation (TPF) to administer it. This fund, when mature, will supplement annual giving to maintain and develop the Trail on an ongoing basis. TPF is an excellent local institution that stewards some \$700 million in client funds. These funds, once deposited, are conservatively invested in a pooled account managed by several investment advisors.

We ask you, when doing your financial planning, to consider a gift to the Trail, either directly or through The Foundation. As we said, there are many ways to do this. Your gift might be to name the Trail in your will or as a beneficiary in an existing life policy. You could also begin (with tax deductible dollars), a new policy naming the Trail as owner/beneficiary. Still another technique is a charitable gift annuity offering you a lifetime tax-sheltered income. Please check with your tax professional for advice specific to your situation.

If you would like to help ensure the continued maintenance of the Trail, please call The Pittsburgh Foundation at 412.391.5122 and mention your interest in supporting the Montour Trail. Or, go to our website www.montourtrail.org and click on the “Help Us” tab for further information (<http://www.montourtrail.org/membership/membership.html>). As always, we do sincerely appreciate your help and support.

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Visit the Montour Trail Web Site at:
www.montourtrail.org

To Converse, join the Yahoo Group at:
<http://groups.yahoo.com/group/Montour-Trail/>

Trail-Letter Going Green by Deb Thompson

With this issue of the Trail-Letter, we’re beginning to take our first steps toward delivering the newsletter in electronic format to save paper and costs. Those of you who have received this newsletter in the mail will also be receiving an emailed version shortly, if we have your email address. In the future, you’ll have the option of receiving the newsletter as either email or hard copy. Here’s what you should do:

- **If you don’t receive the email newsletter shortly, but would like to receive the newsletter electronically,** it’s probably because we don’t have your email address. Send an email containing your email address to enews@themontourtrail.org. We’ll add your address to the list.
- **If you get an email newsletter, but want to receive it in the mail instead,** click on the [unsubscribe](#) link in the email message. We’ll remove your email address from the electronic mailing list right away, and you’ll continue to receive the hard-copy newsletter.
- **If you get the email and like it,** you can blissfully do nothing.



We’ll send out the next couple of issues by both email and hard copy (unless you ask us not to email you) to test out the system. After that, we’ll start sending you whichever version you’ve expressed a preference for.



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Troy Bogdan	Tim Killmeyer
John Hooton	Dennis Pfeiffer
Mark Imgrund	

The Prez Sez Trail Council Goals for 2009

Spring is just around the corner, and the Trail Council has ambitious plans for 2009. As promised in my last column, I will outline the MTC's goals for the year in this installment of Prez Sez. We met most of the goals we set for ourselves last year, and if we can continue that trend, we'll be looking back in December at another successful year of achieving our mission.

As always, we have a plethora of trail construction and maintenance projects that are in various stages of readiness and completion. Ned Williams is leading Phase 21, and by early summer, we hope to complete the bridge decking, temporary stairway, Route 50/ 980 crosswalk and southeast ramp of the trail crossing at Venice. For Phase 8E3, Dave Oyler, Dave Wright, and Ned Williams hope to have the Piney Fork Bridge installed on the abutments, and build the walkway on it. Gil McGurl will be leading the effort to complete the final touches on the Phase 16 West Peters Trail project, consisting of fencing, finishing the Linwood parking area, signage, and gates. We're applying for funding to build bridges VB#1 and VB#2 in West Peters, and Phase 16C, and depending on the prospects for success in that effort, plan to either start construction on a temporary connection here, or begin design for the two bridges.

We hope to get our major maintenance project, Phase 20's trail resurfacing and drainage, work between MP 9 – MP 17 started by the end of the year, led by Dennis Pfeiffer and Bill Orr. Final design for Phase 19, the Georgetown and Morganza Bridges, is only a few months from completion, and the Local Share Account grant we've applied for should provide the final piece of construction funding to allow both bridges to be put out for bid by fall, led by volunteer project managers Ed Taylor and Tom Prezel. We plan to open a signed on-road Airport Connector trail from Five Points to Moon-Clinton Rd., and add it to our on-line trail map. If funding is available from the SMART Transportation grant we've applied for, project manager Tim Killmeyer wants to start construction of the remainder of the trail and the airport road crossing by the end of the year.

We have some other projects that are in pre-construction phases. Project manager Dave Oyler and project engineer Dave Wright, and others are working to secure all permitting, complete a cost-effective design and construction plan, and begin work on Phase 8E2/8 (wing walls, approaches, & trail on both sides of the Piney Fork Bridge by the end of 2009. In partnership with the Municipality of Bethel Park and Century Steel Erectors, we hope to go out to bid for the J. R. Taylor Memorial Bridge over Clifton Road (Phase 9D) by late summer. Peter Kohnke is the MTC's point person on this project. A recent meeting with PennDOT District 11 to finalize a funding and phasing plan for the Library Trestle rehabilitation project (Phase 8A) indicates that we should be able to bid this project in 2009. Tom Prezel, Dave Wright, and Ned Williams are leading this effort.

The MTC also has numerous operational, fund-raising and organizational goals, all important to the operation and health of the MTC, most of which aren't terribly interesting to write about. It is worth mentioning three of these initiatives. First, we are developing a comprehensive summary of the trail right-of-way issues remaining to be addressed, including known alternatives and status of efforts to date. Second, a committee will develop a plan for way-finder signs to help users and tourists get to selected Montour Trail trailheads. Lastly, the board has developed and approved a plan for directional signage along all bypasses of the remaining incomplete sections of the trail, and we hope to install them before the height of the 2009 trail use season.

So, as we enter into the beginning of the season for fuller enjoyment of the trail, I invite anyone who has an interest in any of these initiatives, to contact one of our board members and get more involved. See you on the trail!

Mark

Friends' Meetings and Work Parties

MTC Board Meeting:

Every third Monday of the month - 6:00 p.m. at 304 Hickman St., Suite 3, Bridgeville, PA. Turn right off of the Bridgeville exit of I-79. Turn left at the next light, go straight at next light and make left turn onto Hickman St. just after the Post Office. Call Mark at 724-941-6351 for more information or to get on the agenda.

Cecil Friends:

Friends of the Trail meeting, every fourth Wednesday of the month at 7:00 p.m. From May-August, meetings are held at the Kurnick Access area along the trail off Cecil Henderson Road; other months (with the exception of November and December) meet at the MTC Offices. Work and cleanup parties are scheduled as needed. Call 412-496-4308 for more information, or email densimwx@comcast.net

Airport Area Friends:

Friends of the Trail meeting, the Wednesday before the second Saturday of the month at 7:00 p.m., at the Forest Grove Fire Department. Anyone from the communities of Moon, Robinson, North Fayette, and Findlay is encouraged to attend. Call 412-859-3020 for more information. Work and cleanup party, every second Saturday of the month - 9:00 a.m. Call 412-262-3748 for more information and location. (Note: March Meeting at the Findlay Twp, Activity Center on Wednesday, March 9 at 7:00 p.m.)

Bethel Park Friends:

Friends of the Trail meeting, every first Tuesday of the month at 7:30 p.m. in the Bethel Park Municipal Building

Council Chambers. Anyone interested in the Bethel Park Trail segment is encouraged to come. Work and cleanup party, every second and fourth Saturday of the month - 8:30 a.m. Call Bob O'Connell at 412-833-6259 for location and information.

South Hills Friends:

Meeting second Wednesday of the month at 6:30 p.m. at the Jefferson Hills Borough Building. Work and cleanup parties scheduled and advertised as needed. For more information, contact David Oyler at 412-831-9288, davidoyler@verizon.net, or Paul McKeown at 412-835-6692, mckeownp@comcast.net

Fort Cherry Friends:

Friends of the Trail Meeting, second Wednesday of the month at McDonald Borough Bldg., Council chambers at 7:00 p.m. Work and cleanup parties, scheduled as needed. For more information, contact Ray Johnston at 724-356-2621.

Peters Township Friends:

Friends of the Trail Meeting, first non-holiday Monday of the month at Peters Township Parks and Recreation Center at 7:00 p.m. For more information on work and cleanup parties, please contact Jim Robbins at 724-941-6132, or for monthly meetings, Mark Imgrund at 724-941-6351 or by e-mail at markimgrund@comcast.net.

The Montour Railroad Historical Society:

The newest Friends group. For more information send email to mrhs@montourrr.com.

Trail Patrol Takes CPR Class

Jesse Forquer, the Montour Trail Council Security Director, arranged for a CPR class to be held for the benefit of the members of the Trail Patrol, as well as any other member who could attend. The instructor was Fort Cherry Friends' secretary Deb Esia and it was held at the McDonald Fire Hall. Nurse Deb is a certified instructor in CPR/AED by the American Heart Association. In addition, she operates heart-lung machines and is eminently qualified to teach CPR/AED.

For those who attended, they received instruction on how to perform adult and infant CPR as well as the operation of an AED,



Instructor Deb Esia observes Troy Bogdan's operation of the AED instrument

automated external defibrillator. These devices are becoming more common and designed to be used by a layperson. Most of those who were at attendance had previously taken a CPR course so they were familiar with the techniques. They are now certified for two years when they will be required to take a refresher course to continue their certification.

New Shelter at Galati Road Access



Eagle Scout candidate, John Hofrichter, of Canonsburg constructed a shelter and table for the Galati Road Access Area. The water fountain and trail are to the photographer's right.

FOR SALE

The Trail Council has a truck cap for sale. It was on a 1996 Chevy, 8 foot bed and is victory red. \$100 or best offer. More info and or pictures, contact Charlie Beaumariage, 412-531-6994 or cjbeau@verizon.net

Trippin' Down The MTC Milestones: Installment #2 by Stan Sattinger

As mentioned in the previous issue of the **Trail-Letter**, we will be celebrating our 20th anniversary as the incorporated non-profit organization that is converting the abandoned Montour Railroad right-of-way into a first-class recreational trail. You'll soon be seeing announcements of the planned gala celebration of this anniversary, to be held early in November of this year.

For now, let's resume our trip down Memory Lane as we recount more of the first-of-a-kind events that have happened to the MTC on the way toward our goal.

1994

- **The Incredible Inch Campaign** is launched as a fundraiser by Board member Bill Metzger (Trail for "sale" at the flat rate of \$2 per inch of length), April. We could all now become "owners" of our own personal inches of the Trail.
- **The MTC is honored** with a Three Rivers Environmental Award in the category of Community-Social Organization, April 14. Award is received by then-President Jack Swisher.
- **Montour Trailfest** held on September 25 to celebrate the opening of the 3.5-mile Findlay/North Fayette trail section, extending from Enlow to Imperial. In-kind paving services of the township road departments were supplemented by 1400 hours of volunteer effort for bridge rehab and trash removal.
- **MTC volunteers serve beer** at the Allegheny County Rib Cook-Off. With overall coordination by John Hooton and then-President Marshall Fausold, each year for several years we supplied 16 volunteers through 40 hours of festival time and were rewarded with \$4,000 or more in cash, used as matching funds for construction grants. Fun was had by all, and we didn't have to handle sales money!
- **Mrs. Elizabeth Kurnick** donates the "Kurnick Tract," a 1.5-acre parcel in Cecil Township, for Trail use, dedicating the property in the name of her late husband, Thomas E. Kurnick, in October. This site later becomes the home of the MTC's pre-fab garage for its equipment, assembled and erected by Trail volunteers in October 2004.

1995

- **The newly formed Regional Asset District** awards the MTC \$125,000 -- the first of many subsequent grants raised from the new Allegheny County-wide 1% sales tax addition. This first grant goes toward the \$250,000 matching funds needed for a million-dollar federal grant for construction, already in hand.
- **First fleet of porta-potties** leased by the MTC in May for 5 initial locations along the Trail -- not surprisingly, one of the most-requested services asked for by Trail users!
- **First annual "Pennies for Your Trail" day** conducted by the Moon/Robinson Friends of the Trail group, May 20, nets nearly \$2,000 to be used for improvement and maintenance

of the Moon/Robinson section of the Trail.

- **The MTC joins other trail groups** to explore fund-raising strategies for the Pittsburgh to Washington, DC trail connection that will eventually become known as the Great Allegheny Passage. A summit conference is held and a steering committee assembled on September 29, leading to the formation of the Allegheny Trail Alliance.

1996

- **MTC battles the PA Public Utility Commission** to save as many as possible of our 18 rail-over-highway bridges. The PA Supreme Court orders additional hearings by the PUC. Gov. Tom Ridge orders that PennDOT and DCNR work with the PUC in state-wide efforts to preserve rail-trail bridge crossings, notably those on the Montour.
- **First MTC Internet web site** established via a link from a University of Pittsburgh home page.
- **First annual IKEA/Montour Trail ½-Marathon and 5K Run and Walk** held on the Airport Area section of the Trail in September. Initially coordinated by Bill Morphy and Dennis Pfeiffer, this event nets proceeds that would grow from an initial \$4,000 to over \$20,000 in later years.
- **Three miles of new trail in Robinson Township** is completed at year-end by volunteers, assisted in brush removal and surfacing by Township crews. Also 1.2 miles are completed east of Hendersonville by volunteers and Cecil Township crews. The surface material was recycled from the Meadow racetrack.

1997

- **Two 100-foot-long truss bridges** are obtained from the Wheeling-Pittsburgh steel mill in Monessen by engineer Dave Wright. These would replace Montour Railroad bridges lost to unwanted removals.
- **A gazebo** is donated to the Montour Trail by the Borough of Coraopolis and is installed at the lower entrance to Robinson Town Centre. Our gazebo would become the scene of at least one proposal of marriage, witnessed by then-**Trail Letter** editor Debby Hoerster!
- **The City Council of Weirton, WV** allocates \$15,000 toward the first leg of what would become the 29-mile Panhandle Trail, extending east to Carnegie, PA and connecting to the Montour Trail in McDonald, PA.
- **The longest remaining trail gap** -- the right-of-way between Clairton and Large, PA -- is closed by the MTC's purchase of two miles of the former Peters Creek Branch of the Pennsylvania Railroad from the Dick Corporation for \$24,000. *(continues on page 7)*

Spring Events on the Trail

Tails for Trails V

Calling all canines, the Cecil Friends will be holding their 5th Annual Tails for Trails Dog Walk on Saturday, June 6, 2009 to coincide with their National Trails Day Celebration. The non-competitive 5K Walk raises funds for the rehabilitation of the National Tunnel. The proceeds from past events were combined with a grant from the Washington County Tourist Promotion Agency to place 7 inches of asphalt inside the tunnel last summer. The out-and-back 5K Walk will take participants through the tunnel twice.

Registration will begin at 8:30 a.m. with the walk barking-off at 9:00 a.m. There will be food and drink available at the end of the walk. As walkers return, we expect a visit by "Miner", the Cecil Township Police dog. Each dog will get a commemorative water bottle for his owner. As always, there will be great door prizes, including an overnight stay and breakfast at the Airport Marriot.



You may register by going to www.montourtrail.org/events/tailswalk.htm where you may print out an application form and pay by check or register on-line via PayPal. Entry fees will be the same as last year, \$10 for one dog or \$16 for two dogs through May 15. After May 15, it will be \$12 a dog. So come and join Petey, Cricket, Buddy, Snowy and their Cecil Friends for the walk

9th Annual Burgh's 10K and 5K Run & 2 Mile Walk

Spring is finally here and we all look forward to the Burgh's wonderful Trail event to get us off to a running start. A **5K Run** has been added to the program, so there is now something for everyone; dedicated distance runners, weekend joggers and of course, families with strollers. So come run, and or cheer for those who do on Sunday, April 26, 9:15 a.m. at Cecil Park. To join us, use the application on the back page of this newsletter, or go online to www.montourtrail.org and print out your own.

You will be glad to know that the Trail Council has paved the National Tunnel. We even added trail side reflectors for your "viewing" pleasure.

Burgh's Run Event is always upbeat and fun. What other run do you know of that offer prizes and great comfort food and music? Not many to be sure and it all adds up to an excellent event to benefit the Montour Trail. Over the last eight years, Burgh's has raised and donated \$140,000 to help build and maintain your Trail.

Bring friends, neighbors and buddies from your work. It's fun for all and funds for Montour Trail.

The 4th Annual 5k Race And 6th Annual Party On The Trail For The J.R. Taylor Memorial Bridge

The Bethel Branch of the Montour Trail Council will hold its 4th annual J.R. Taylor Memorial Bridge 5K race and 6th Annual Party on the Trail on Saturday, May 30, 2009.

The J.R. Taylor Memorial Bridge 5K race begins at 8:30 a.m. The top 3 finishers in each age category will receive awards. Snacks and refreshments will be served after the race. Registration for the race can be completed online at www.runhigh.com or with a paper form. Race day registration will begin at 7:30 a.m.

Registration for the walk begins at 9:30 a.m. Registration will be in the Washington Elementary School parking lot at 515 Clifton Road in Bethel Park and parking will be in the rear unpaved portion of Al's Café parking lot.

All pre-registered participants will receive a t-shirt, raffle ticket (for a Chinese Auction), and a lunch ticket. As you travel along the Bethel part of the Montour Trail, you can stop at checkpoints for water and receive raffle tickets for the Chinese Auction. You can take a guided 5 or 10 mile bike ride starting at 10:00 a.m. (bring your bike!) or you can participate in a guided nature walk starting at 10:30 a.m. Brian's Hardwood Hogs will be providing his famous pulled pork sandwiches for lunch.

Pre-registered participants for either event may pick up their registration packets on Friday, May 29 between 5:00 p.m. and 7:00 p.m. in the Washington School parking lot. **Those registered by May 16 are guaranteed a t-shirt.**

Proceeds from the events go to the construction fund for the J.R. Taylor Memorial Bridge.

Registration forms are available at the message boards along the trail. Online registration for the race only is available at www.runhigh.com. To have registration forms mailed to you, contact Cyndee Welsh at 412-835-0522 or cyndee5011@verizon.net. For any questions, please contact Cyndee, or Phil Ehrman at 412-576-9318 or pehrman@corporateairllc.com.

Reminder:

The Montour Trail Council wishes to remind all the readers that the correct address for the Montour Trail Council and its phone number are found on page 2. Please make sure your records reflect this information.

Thank You

MONTOUR RAILROAD HISTORY BY BOB CIMINEL

Champion No. 1: The Heart of the Montour Railroad

The Champion No. 1 coal cleaning plant at the intersection of US 22 and PA 980 (Trail Milepost 12) underwent major modifications around 1964 that increased its capacity to 13,000 tons per day. Although residential coal consumption had steadily decreased from 85 million tons in 1949 to 16 million tons in 1964, coal used to make electricity had steadily risen from 84 million tons to 225 million tons during the same period. Coal-fired electric power plants, on average, consume about 350 tons of coal per hour in each boiler. Larger electric stations can have four or more boilers, and require one or two 100-car unit trains delivered every day. In the mid-1960s, a 100-car unit train would carry between 7,000 and 10,000 tons of coal. Champion No. 1 was modified so that it could process enough coal to fill at least one unit train a day.

Coal entered the Champion plant from the rotary dumper, which was located above the plant next to Route 980. Run-of-mine coal was shoved up the hill to the dumper by Montour locomotives

and cars were moved into the dumper using a winch and cable. From the dumper, the coal entered a crusher where it was reduced to 8-inches or smaller and dropped on to the raw coal conveyor belt. A large electromagnet removed any metal in the coal, and it was not unusual to find one or two miners' coal shovels stuck on the magnet. Rail spikes were another common item found in the raw coal because tracks were always being laid or taken up as mining progressed.

From the raw coal belt, the 8-inch coal entered a jig where most of the refuse was removed and deposited in the huge mountains of waste located west and north of the plant. These waste piles are the subject today of an ongoing controversy over building a power plant to burn the waste and generate electricity.

After passing through the jigs, the coal entered a bank of sizing screens, with the smaller pieces going on to a device called a Deister Table, named after the Deister Machine Company, which is still family-owned and has been in business since 1912. The Deister tables used water and vibration to separate the coal into various sizes. Between the jigs and Deister tables, Champion No. 1 could process coal into sizes anywhere between 8 inches and 5/16-inch. The plant could also add antifreeze to its coal or spray it with oil to minimize dust.

In 1964, the future looked bright for Champion No.1. It was strategically located in the midst of 9.5 million tons of coal reserves near Midway, PA, 56 million tons at the Montour No. 4 and No. 10 mines, and 73 million tons at the Westland Mine. That much coal equated to about 30 years of operation, although the coal washer only lasted for another 20 years.

As you walk the trail between Mileposts 12 and 13 today, you can only envision the hundreds of coal cars that occupied the loaded and empty yards to the north and south, the huge piles of coal to the east at the Disco plant, and the corrugated steel buildings that housed one of the largest coal processing plants in the country when Coal was King.

Bob Ciminel is the founder of the Montour Railroad Yahoo group http://finance.groups.yahoo.com/group/montour_rr/ There are currently 256 members from across the country. You are encouraged to join. There is a wealth of information about the Montour Railroad at this location and you can pose questions of its membership, from whom you are sure to get an answer.

Welcome New Members

The Montour Trail Council welcomes these new members and thanks them for their support. We would also like to thank all our members who have recently renewed their membership and to remind all that a growing membership is one of the criteria foundations look for when we apply for grants.

New Members

Ted Beidler
 Kristin Brewer
 Glenn & Claudia Broman
 Kenneth Christman
 AW Covi
 Richard Cwiklinski
 Bob & Gina Eckert
 Mark & Patricia Hyman
 Richard Kelly
 Tim Marsh
 Mark & Lynee Phelps
 Pittsburgh Airport Marriott
 Joe Ralyea
 Michael Rose
 Joel Shodi
 Daniel Simons
 David F. Sylvester Associates, Inc.
 Valleyview Charitable Foundation

Benefactors

Glenn & Claudia Broman
 Kenneth Christman
 Paul Everson
 Gordon Terminal Service Co. of PA
 Laura & Gary Graf
 Ronald Piroli
 Andrew & Janice Poole
 Andrew & Ming Tung

Leader's Circle

Valleyview Charitable Foundation
 Roy Weil & Mary Shaw

Trippin' continues from page 4

1998

- **The Montour Trail gains importance** as a teaching tool as Airport-area elementary students study Trail history and wildlife and high-school students do manual labor tasks under the supervision of then-Montour High School teacher John Wasco.
- **Coal strip-mining operations** by Amerikohl are undertaken beneath the Trail corridor between Boggs Run and US Route 22. This would clear the way for the addition of two more miles of Trail.
- **First mile of the Trail in Bethel Park** opened in ceremonies held October 31, presided over by Bethel project leader and MTC President-to-be Peter Kohnke.
- **Trail Monitor Patrol Group** holds first meeting at Trail Blazers bike shop, Robinson Township, October 29, organizing volunteers who are frequent Trail users to enhance personal safety and instill the feeling of a safe atmosphere on the Trail.

1999

- **MTC acquires** a new Internet web-site address: www.montourtrail.org
- **The Pennsylvania Turnpike Commission** constructs a 0.8-mile Trail section between Snowden Road and Gill Hall Road in South Park Township and Jefferson Hills Borough in conjunction with the building of the Mon-Fayette Expressway.

Join us in the next issue of the Trail-Letter for the next installment of our trip over the MTC's milestones!

I want to help complete the Montour Trail!

I want to join the Montour Trail Council at this level:

<input type="checkbox"/>	Student/Senior	\$15
<input type="checkbox"/>	Individual	\$25
<input type="checkbox"/>	Family	\$35
<input type="checkbox"/>	Supporting	\$50
<input type="checkbox"/>	Sustaining	\$100
<input type="checkbox"/>	Benefactor	\$250
<input type="checkbox"/>	Leader's Circle	\$500+

Make checks payable to the "Montour Trail Council"

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 Bridgeville, PA 15017

The Montour Trail Council is a 501(c)(3) non-profit corporation. All donations are tax-deductible. You may also be eligible for matching funds from your employer. A copy of the Montour Trail Council's official registration and financial information may be obtained from the Pennsylvania Department of State by calling (toll-free within Pennsylvania) 800-732-0999. Registration does not imply endorsement.

Don't Forget

The Montour Trail Council may be designated as your United Way Contributor Choice as option #3308, or Combined Federal Campaign Contributor Choice option #19345 where you work.



MONTOUR TRAIL COUNCIL
 Suite #3
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 Bridgeville, PA 15017

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Burgh's Pizza & Wing Pub 9th Annual 10K Run

Benefits the Montour Trail

Sunday, April 26, 2009 9:15 a.m.

ENTRY FEES	Adults	Children under 12
10K Fee	\$25	\$20
2-Mile Walk Fee	\$25	\$10
Both 5K,10K Runs	\$30	
(only 45 min to complete 5K run and recover prior to 10K start)		

Make checks payable to:
 BP&W 10K Montour Trail
 (Please do NOT send cash.)

Mail to:
 BP&W 10K Montour Trail
 533 Washington Ave.
 Bridgeville, PA 15017

Please print
 Name: _____
 Address: _____

 City: _____
 State, Zip: _____

Age as of April 26, 2009: _____
 Sex: M F
 Event: 10K Run 5K Run 2-Mile Walk
 Racing Shorts Size:
 XS S M L XL

Based on availability,
 racing shorts may be purchased on Race Day.
 Waiver: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all rights and claims for damages which I might have against the Burgh's Pizza & Wing Pub 10K Run for Family, Friends & Fun to be held Sunday, April 26, 2009, Burgh's Pizza & Wing Pub, The Montour Trail Council, other sponsoring organizations, businesses, or individuals as a result of any and all injuries suffered by me in that event. I attest and verify that I am an amateur and physically fit and have trained sufficiently for this event. I also release any photos that may involve myself.

Signature:
 If under 18, parent or guardian must sign below:

 Signature of parent or guardian