



Saturday, June 5, 2010
12th 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**, with a \$.50 donation 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 and make their way at pre-determined paces toward their destination station, Johnson Park, in New Brunswick. The train stops at each 'station' along the way to pick up other passengers (runners or walkers). All trains are scheduled to reach their destination 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	Bus Available
		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
Griggstown Causeway	16.9 miles	8:50 AM	8:31 AM	8:12 AM	7:53 AM	drinks/snacks	Bus # 1
Blackwells Mills Rd.	13.4 miles	9:13 AM	9:02 AM	8:46 AM	8:33 AM	drinks	Bus # 2
Rte 514 Amwell Rd.	11.3 miles	9:31 AM	9:21 AM	9:08 AM	8:57 AM	drinks/snacks	Bus # 2
Weston Causeway – the Paul Krentar Station	9.2 miles	9:49 AM	9:40 AM	9:30 AM	9:21 AM	drinks	Bus # 2
South Bound Brook Lock	5.5 miles	10:19 AM	10:14 AM	10:06 AM	10:02 AM	drinks/snacks	Bus # 3
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.

Run more miles without worrying how to get back to your car! RVRR provides **Bus Transportation** to selected stations.

Bus #1 departs **6:50 AM sharp** for **Rocky Hill** and **Griggstown** stations.

Bus #2 departs **8:10 AM sharp** for **Blackwells Mills, Amwell Road** and **Paul Krentar** stations.

Bus #3 departs **9:30 AM sharp** for **South Bound Brook** Station.

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

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!**

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

Post Run Picnic Included!

"Train" Highlights

- The scenic towpath trail follows along the Delaware-Raritan Canal, Millstone River, and Raritan River
- In 2009, 103 runners completed 1522 miles during the 5 hour event, and \$1152.00 was donated to the Cancer Institute of NJ!
- 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
- 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.
- You may board any train at any of the boarding locations listed. You must be ready when the "train" passes, it will not wait!
- Runners are encouraged to **'take the bus to the train'**
- Walkers can walk on towpath or in Johnson Park
- All runners, regardless of distance or pace, finish together in Johnson Park, at exactly 11:00 AM
- 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
- 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**
- Remember to thank the RVRr support staff. Without them, it would be a long, thirsty day!
- Remember to report your mileage at the end!
- Frequent Towpath 'Train'ing Program: runners who have completed 100, 200 or 300 total miles since event started will receive a commemorative mug
- June 5th is National Trails Day!! Please leave the trail/park cleaner than you found it
- **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

If you signed up to join RVRr, please include your return address!

Fare: \$ 12 RVRr members (by 6/2)
 \$ 15 non members (by 6/2)
 \$ 20 (after 6/2)
 \$ 12 students
 \$ 30 to join RVRr and run
 \$10/\$3 Adults/Kids (picnic only)

Last Name	First Name	Boarding Station	# miles	# Adults	# Kids
Mailing Address (PRINT CLEARLY)		Town, State	Zip Code		
email address (PRINT CLEARLY)		\$ _____	\$ _____ .00		

Check here for car transport to Trenton (6:00 AM start).
 Check here if you plan to take the bus to your departure station.
 Additional Donation to: CINJ (separate check)

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: _____ **DATE** _____
 (by self or by guardian if under 18)

