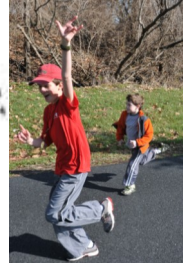


"I love riding with my mom!"

~CP



"I Love My Am-Tryke" ~AM

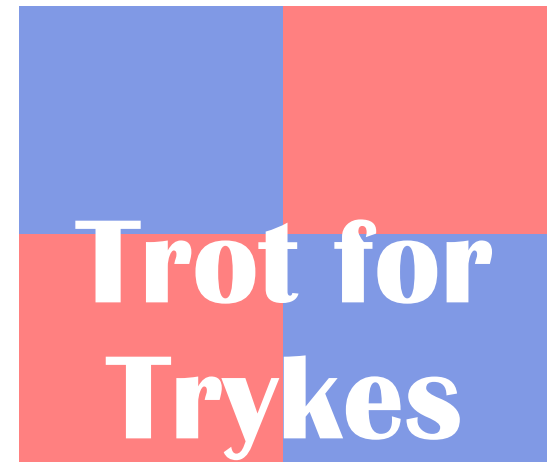


"I smile all the time while riding!" -FB

"It is great being able to ride with my friends" ~BG



Lehigh Valley Steel Force
Friend Chapter of National AMBUCS Inc.
3721 Crescent Court West
Whitehall, PA 18052



Promoting Mobility and Fitness for ALL Individuals

April 10, 2016

10K Run/Walk— 9:00 am

5K Run/Walk— 9:10 am

Rain or Shine

**Ironton Rail Trail, Coplay
American Club of Coplay**

Hosted by:

Cindy Miles & Associates, LLC.

Lehigh Valley Steel Force

Chapter of

National AMBUCS, Inc.





Trot for Trykes

EVENT DETAILS:

What: 10K Run/Walk
5K Run/Walk
1-Mile Fun Run/AmTryke Ride
Family Activities
AmTryke Distribution

When: Sunday, April 10, 2016
10K Race starts at 9:00 am
5K Race starts at 9:10 am

Where: Ironton Rail Trail:
Race starts & ends - American Club of Coplay
300 Cherry St Coplay, PA 18037

Trail Map:
www.irontonrailtrail.org/IRTmap.htm

Entry Fee: \$25 (post marked by 3/22/16)
\$30 (After 3/22/16)
\$5 (Fun Run or Ride) (NO SHIRT)

Hosted by:

**Cindy Miles & Associates, LLC.
L.V. Steel Force Chapter of AMBUCS, Inc.**

Why: All money raised will support the local LVSF AmTrykes Chapter to promote Mobility and provide adaptive bicycles for individuals with disabilities.

RACE DAY SCHEDULE:

7:30-8:45 am Registration & Tech Shirt Pick-up
9:00 am 10k Race Begins
9:10 am 5K Race Begins
10:30 am Race Results and Awards
AmTryke® Distribution
11:00am (after awards) 1-Mile Fun Run
1-Mile AmTryke Ride

*Food, Drinks & Activities will be available throughout the Entire Event

AWARDS AND RESULTS:

Awards: Overall Male & Female

1st Place: 2nd Place 3rd Place

Awards: Top Two Male & Female in Each Group

Under 10 • 10-12 • 13-15 • 16-19 • 20-29

30-39 • 40-49 • 50-59 • 60+ Over

Results Posted - Pretzel City Sports

(<http://www.pretzelcitysports.com>)

REGISTRATION INFORMATION

- Please arrive at the American Club of Coplay by 8:30am (8:00 am for race day entrants).
- Tech T-Shirt Guaranteed for 5K & 10K when post marked by **March 22, 2016**

Pay online at www.pretzelcitysports.com or Mail Registration to:

Cindy Miles and Associates
3721 Crescent Court West
Whitehall PA, 18052
Checks payable: **Lehigh Valley Steel Force**

AMTRYKE INFORMATION:

AmTrykes® will be given to individuals currently on L.V. Steel Force Wish list.

For more information call 610-820-7667 or Email: lvsteelforce@gmail.com

RACE REGISTRATION: PLEASE PRINT

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age (on race day): _____ Male Female

DOB: _____ 10K _____ 5K _____

T-shirt size: (only guaranteed to those who pre-register)

Adult: XS S M L XL NO SHIRT

FEES

Participants may pay online at www.pretzelcitysports.com (small processing fee) or Mail Registration form & check to Cindy Miles and Associates)

Pre-Registration \$25 (post marked by 3/22/16)

Registration \$30 (after 3/22/16)

Fun Run \$5 **Fun Ride \$5**

Fun Run or Ride with t-shirt \$15

DONATION INCLUDED _____

Please make checks payable to:

I hereby waive any and all claims against Lehigh Valley Steel Force, Ironton Rail Trail, and all sponsors and personnel involved in the run/walk for any injury that I might suffer at this event. I attest that I am physically fit and prepared for this event. I am aware that my name/address may be made available to other organizations related to this event. I grant full permission for Lehigh Valley Steel Force and participating organizations to use photographs of me in accounts and promotions of this event.

Signature _____

If under 18 parent/guardian signature _____

Date _____

