

"I love riding with my mom!"

~CP



"I Love My AmTryke" ~AM

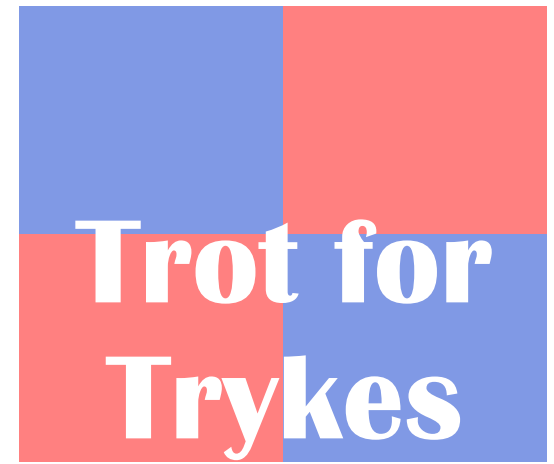


"I smile all the time while riding!" -FB

"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



We give bikes to children with disabilities

April 27, 2019

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:
Lehigh Valley Steel Force
Friends 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: Saturday, April 27, 2019
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 3/25/2019)
\$30 (After March 25, 2019)
\$5 Fun Run/Ride (**NO SHIRT**)

Hosted by:
**L.V. Steel Force Friends Chapter of
AMBUCS, Inc.**
&
Cindy and Dave Miles

Why: All money raised will support the local LVSF AmTrykes Chapter to 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 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 runners when Registration and Entry Fee received/post marked by **March 25, 2019**

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

**Lehigh Valley Steel Force AMBUCS
3721 Crescent Court West
Whitehall PA, 18052**

AMTRYKE INFORMATION:

AmTrykes® will be given to individuals currently on L.V. Steel Force Wish list.
For more information call (484) 526—8350 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 _____ Fun Run _____

T-shirt size: (only guaranteed to those who pre-register)
Adult: S M L XL NO SHIRT

FEES

Participants may pay online at www.pretzelcitysports.com (small processing fee) **OR** Mail Registration form & check to: **3721 Crescent Court West, Whitehall, PA 18052**

- Pre-Registration \$25** (**Post marked** by 3/25/19)
- Registration \$30** (on/after March 26, 2019)
- 1— Mile Fun Run \$5**
- 1—Mile Fun Ride \$5**
- Fun Run/Ride with t-shirt \$15**
(**Post marked** by 3/25/19)

DONATION INCLUDED: _____

Please make checks payable to:
Lehigh Valley Steel Force.

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 _____

