

*"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

# Trot for Trykes

Promoting Mobility and Fitness for **ALL** Individuals

**April 22, 2017**

**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.**



St. Luke's University Health Network and Delaware and Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more and sign up at [www.tailonthetrail.org](http://www.tailonthetrail.org)

Help us in building a healthier community... one mile at a time.





# 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 22, 2017  
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](http://www.irontonrailtrail.org/IRTmap.htm)

**Entry Fee:** \$25 (post marked by 4/4/17)  
\$30 (After 4/4/17)  
\$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 **April 4, 2017**

Pay online at [www.pretzelcitysports.com](http://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](mailto: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](http://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 4/4/17)

**Registration \$30** (after 4/4/17)

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

**Fun Run or Ride with t-shirt \$15**

**DONATION INCLUDED** \_\_\_\_\_

Please make checks payable to: LVSF

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 \_\_\_\_\_