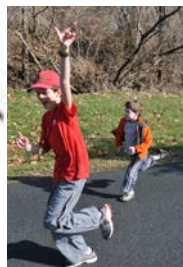


*"I love riding
with my mom!"*

~CP



*"I Love My Am-
Tryke" ~AM*

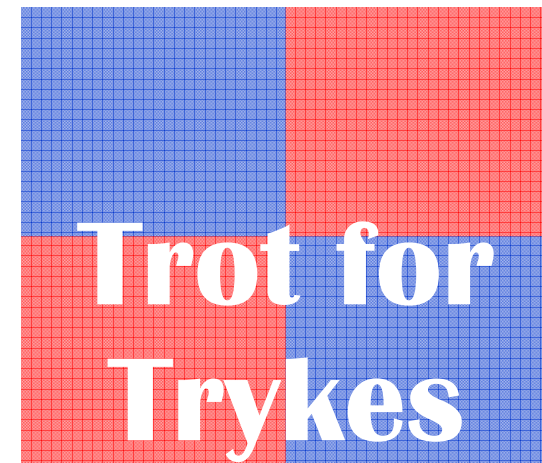


*"I smile all the time while
riding!" -FB*

*"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



We give bikes to children with disabilities

April 14, 2018

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:

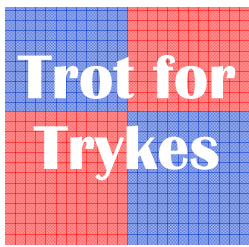
Cindy Miles & Associates, LLC.

Lehigh Valley Steel Force

Chapter of

National AMBUCS, Inc.





EVENT DETAILS:

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

When: Saturday, April 14, 2018
 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 3/18/2018)
 \$30 (After March 18, 2018)
 \$5 (Fun Run/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 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 18, 2018**

Pay online at www.pretzelcitysports.com or Mail Registration & Check 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: 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 3/18/18)

Registration \$30 (on/after March 18, 2018)

1-Mile Fun Run \$5

1-Mile Fun Ride \$5

Fun Run/Ride with t-shirt \$15
 (Post marked by 3/18/18)

DONTION 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 _____