

*"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

# Trot for Trykes

Promoting Mobility and Fitness for ALL Individuals

April 14, 2012

9:00 am

10K Run/Walk

9:15 am

5K Run/Walk

Rain or Shine

Ironton Rail Trail, Coplay  
American Club of Coplay

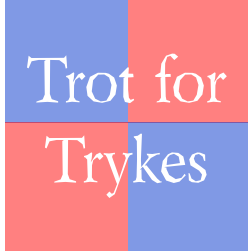
Sponsored by:

Cindy Miles & Associates, LLC.

The Finish Line Running Store

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, 2012

10K Race starts at 9:00 am

5K Race starts at 9:15 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 (pre-registration)

\$30 After March 31, 2012

\$5 (Fun Run/Ride)

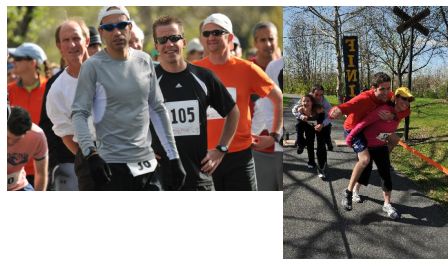
**Hosted by:** Cindy Miles & Associates, LLC.

Lehigh Valley Steel Force Chapter

The Finish Line Running Store

**Why: All** money raised will support the local LVSF

AmTrykes Chapter to promote Mobility and Fitness  
for individuals of ALL Abilities.



## RACE DAY SCHEDULE:

7:30 am—8:45 am Registration

8:45 am Welcome

9:00 am 10k Race Begins

9:15 am 5K Race Begins

10:45 am 1-Mile Fun Run/AmTryke  
Ride

10:30 am Race Results and Awards

11:15 pm AmTryke® Distribution

\*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 \* Over 60

**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 when pre-registered by March 31, 2012

Pay online at [www.active.com](http://www.active.com) or mail registration:

Cindy Miles & 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:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age (on race day): \_\_\_\_\_ Male  Female

10K \_\_\_\_\_ 5K \_\_\_\_\_

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

Adult: SM MD LG XL

### FEES

Participants may pay online at [www.active.com](http://www.active.com)  
(small processing fee) or mail registration form  
 and check

**Pre-Registration \$25** (on/before March 24, '12)

**Registration \$30** (on/after March 25, '12)

**Fun Run/Ride Registration \$5**

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

Registration Age Group: \_\_\_\_\_

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 \_\_\_\_\_