



THE ALLEGHENY FRONT TRAIL RUN

50K * 13.1M * 4.5-mi Hike * 1-mi Blueberry Trail Hike
Run on scenic state park and forest trails.

Saturday, Aug. 5, 2017



The Allegheny Front Trail encircles Black Moshannon State Park, traversing the Allegheny Plateau, some rocky and rugged, on the way to numerous mountain trout streams and vistas in the Moshannon State Forest. The Allegheny Front Trail Runs use sections of the AFT and other trails to give you a memorable experience on the AFT. The courses incorporate single track, grassy openings, boardwalks, hill challenges, and beautiful scenery.

Nearby Black Moshannon State Park offers great fun: <http://www.dcnr.state.pa.us/stateparks/findapark/blackmoshannon/index.htm>

Registration/Location: Advance registration is available at <http://bit.ly/goAFTRit2017>. Registration also race morning, from 6 a.m. at Mid-State Regional Airport Terminal Building, approx. 9 miles east of Philipsburg at 451 Airport Road, Philipsburg, PA 16866 (do not send mail to the airport address), just 3 miles west of Black Moshannon State Park. For airport info, see www.midstateairport.com. First five entrants to fly to Mid-State by plane get free registration (limit 2 per plane). To fly in, see the [Pilot Information](#) page. *If registering by mail, send this form with fee (payable to "NVRC") to: AFTR, 103 E. Hamilton Avenue, State College, PA 16801.*

Catered Post-Race Meal, Refreshments & Massage; nearby Lodging/Camping (http://midstateairport.com/events/AFTR_Run.php)

50K Course, Half Marathon Course, and 4.5-mi Hike Option! The **Seneca 50K Run** (almost 32 miles) unveiled in 2015 is a stunning, well-marked course with some steep climbs and technical descents, including a northwestern part of the AFT, with 7 aid stations, drop bag option at 15.5 miles, 7am start, min age 18; there are cutoff times at about 22 and 26 miles based on keeping a 17-minute/mile or better pace. The **Hemlock Half Marathon Run** is a scenic, slightly more than 13.1-mile, 98% trail course, 93% single track, a good option for beginner trail runners, with 4 aid stations, 8am start, min age 14. The 1-mile **Blueberry Trail** is an easy family trail, right at the airport; enjoy self-guided hikes from 8am to 1pm. **Not a trail runner?** Check out the 4.5-mile hike on sections of the Blueberry, Moss Hanne & AFT trails! Race course and hike maps are accessible at http://midstateairport.com/events/AFTR_Run.php and on race day.

Fees: **Seneca Run:** Through June 30: \$55. July 1-Race Day: \$65. **Hemlock Run:** Through June 30: \$30. July 1-Race Day: \$40. **7-Mile Hike:** \$5, or \$15 with AFTR shirt. **Blueberry Trail (Hike):** Free (donations accepted), or \$10 with AFTR shirt. AFTR shirts guaranteed to runners and hikers registered by July 21, then while supplies last. **Post-race meal:** Free for runners; \$5 for hikers, \$10 for other guests.

Proceeds: All proceeds support *Crosswinds*, with donations to *Keystone Trails Association* (KTA) and *Nittany Valley Running Club* (NVRC) for their dedication to outdoor recreation on Pennsylvania trails. *Crosswinds* is a volunteer group promoting general aviation & outdoor recreation. **Questions or to Volunteer:** Contact Mike, 814-238-5918, mcc4@psu.edu, or Mary Ann, 814-342-6296. **For more information:** Visit http://midstateairport.com/events/AFTR_Run.php



AFTR 2017 Registration Form (Use this form if you are not registering online)

Name _____

Event (check one): Seneca 50K Run ___ Hemlock Half Marathon Run ___ 4.5-Mile Hike ___ Blueberry Tr. Hike ___

Address: _____ Town, State, Zip: _____

Phone Number - Day:(_____) _____, Evening: (_____) _____

E-Mail: _____ Sex: M ___ F ___, Age (on race day): _____

AFTR Tech shirt (circle): Men's: S M L XL XXL ; Women's: S M L XL XXL; Youth: M L **Entry fee enclosed:** \$ _____

Or AFTR Cotton shirt (circle): Youth: S M L XL ; Men's: S M L XL XXL No shirt **Add'l donation:** \$ _____

Shirts and sizes not guaranteed after July 10. Additional shirts (\$15 ea.) size(s): _____ **Extra shirts:** \$ _____

Donations support LOCAL trail care! I enclose an additional \$ _____.00 (make out to "NVRC") **Total enclosed:** \$ _____

In consideration for the opportunity to participate in the Allegheny Front Trail Run or Hike, or Blueberry Trail Hike, I hereby for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event and I further agree to release and hold harmless the Nittany Valley Running Club, Crosswinds at Mid-State Airport, Mid-State Regional Airport, the Commonwealth of Pennsylvania, USATF, their officers, members, volunteers, sponsors, organizers, or other representatives, or successors, and assigns from any and all liability for injuries or damages that I may sustain as a result of my participation in this event and related activities. I also realize that any medical expenses incurred, as a result of my participation in this event, will be my sole responsibility. By my signature below, I hereby acknowledge that I am at least 18 years of age. Parent or Legal Guardian of participants under 18 years of age must sign below attesting: I am the parent or legal guardian of the child listed below and hereby agree to the terms of participation as set forth above and give my permission for my son/daughter to participate in this event. I also realize that any medical expenses incurred, as a result of my child's participation in this event, will be my sole responsibility.

Signature (required): _____ Date: _____

If participant is under 18, Parent or Legal Guardian Print Name: _____

Parent/Legal Guardian Signature: _____ Date: _____