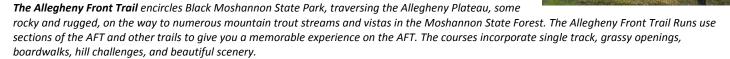




THE ALLEGHENY FRONT TRAIL RUN

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

Sat., June 2, 2018



 $Nearby\ Black\ Moshannon\ State\ Park\ offers\ great\ fun: \\ \underline{http://www.dcnr.state.pa.us/stateparks/findapark/blackmoshannon/index.htm}$

Registration/Location: Advance registration is available at http://bit.ly/goAFTRit2018. 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/AFT_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 3 aid stations, 8am start, min age 14. **Hikers:** Check out the 4.5-mile hike on sections of the Blueberry, Moss Hanne & AFT trails! Non-runners and families: The 1-mile **Blueberry Trail** is an easy trail for all to enjoy, right at the airport; enjoy self-guided hikes from 8am to 1pm. All maps accessible at http://midstateairport.com/events/AFT_Run.php and on race day.

Fees: Seneca Run: Through May 15: \$55. May 16-Race Day: \$65. Hemlock Run: Through May 15: \$30. May 16-Race Day: \$40. **4.5-Mile** Hike: Always \$5, or \$15 with AFTR shirt. Blueberry Trail (Hike): Free (donations accepted) or \$10 with AFTR shirt. AFTR shirts guaranteed to all runners and hikers registered by May 15, 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

TONE /APPENDED



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

Parent/Legal Guardian Signature:

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/AFT Run.php



AFTR 2018 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 H	like Blueberry Tr. Hike
Address:Town, State, Zip:_	
Phone Number - Day:()
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 May 15. Additional shirts (\$15 ea.) size(s):	Extra shirts: \$
Donations support LOCAL trail care! I enclose an additional \$00 (make out to "NVRO"	C") Total enclosed: \$
In consideration for the opportunity to participate in the Allegheny Front Trail Run or Hike, or Blueberry T assume any and all risks which might be associated with the event and I further agree to release and hold Airport, Mid-State Regional Airport, the Commonwealth of Pennsylvania, USATF, their officers, members, 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, will be my sole responsibility. By age. Parent or Legal Guardian of participants under 18 years of age must sign below attesting: I am the paterms of participation as set forth above and give my permission for my son/daughter to participate in thi my child's participation in this event, will be my sole responsibility.	I harmless the Nittany Valley Running Club, Crosswinds at Mid-State volunteers, sponsors, organizers, or other representatives, or other representatives, or other representatives, or other representatives, I also realize that any my signature below, I hereby acknowledge that I am at least 18 years of our or legal guardian of the child listed below and hereby agree to the
Signature (required):	Date:

Date: