



**THE ALLEGHENY FRONT TRAIL RUN**

**50K \* 20K \* 1-mile Blueberry Trail Hike**

*Run on scenic state park and state forest trails and dirt roads.*

**Saturday, July 26, 2014**



The Allegheny Front Trail encircles Black Moshannon State Park, traversing about 40 miles of the Allegheny Plateau, some rocky and rugged, on the way to 5 mountain trout streams and 11 vistas in the Moshannon State Forest. These runs use sections of the AFT as well as other area trails and dirt forestry roads. They incorporate single track trail, wider grassy openings, scenic forestry road segments, hill challenges and board walk crossings.

Visit nearby Black Moshannon State Park for family fun: <http://www.dcnr.state.pa.us/stateparks/findapark/blackmoshannon/index.htm>

**Registration/Location:** Advance registration is available at <http://bit.ly/AFTR2014>. On-site registration will also be available race morning beginning at 6 a.m. at Mid-State Regional Airport Terminal Building, approximately 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](http://www.midstateairport.com). (To fly in, see the [Pilot Information](#) page. First five entrants to fly to Mid-State by plane get free registration.) *If registering by mail, send this form with entry fee (payable to "NVRC") to: AFTR, 103 E. Hamilton Avenue, State College, PA 16801.*

**Lodging and Camping options, Post-Race Refreshments and Massage.**

**Course:** The **Seneca Run** is a well-marked 50K course with 9 aid stations; 7am start; minimum age 18. The **Hemlock Run** is a 20K course; 8am start; minimum age 14. For course maps, see <http://www.nvrn.com/apps/map-aftr-13.pdf>. The 1-mile **Blueberry Trail** is an easy family trail, right at the airport; enjoy self-guided hikes from 8am to 1pm. AFTR performance shirts are available to all runners and hikers. Reserve yours by registering early!

**Fees:** **Seneca Run:** Through June 1-30: \$50. July 1-Race Day: \$60. **Hemlock Run:** Through June 1-30: \$25. July 1-Race Day: \$35. **Blueberry Trail (Hike):** Free (donations accepted), or \$8 with AFTR shirt. AFTR shirts guaranteed to runners and hikers registered by July 14, then while supplies last.

**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 working to promote general aviation, public recreation and trail preservation in the surrounding state park and forest lands.



**Questions or to Volunteer:** Call 814-238-5918 or email [gmawilliams@pennswoods.net](mailto:gmawilliams@pennswoods.net)

**For more information:** Visit [http://midstateairport.com/events/AFT\\_Run.php](http://midstateairport.com/events/AFT_Run.php)



**AFTR 2014 Registration Form** (Use this form if you are not registering online)

Name \_\_\_\_\_ Event: Seneca Run \_\_\_ Hemlock Run \_\_\_ Blueberry Trail 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

**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:** \$ \_\_\_\_\_

I'd like \_\_\_ additional AFTR performance cotton shirts (\$15 ea.) size(s): \_\_\_\_\_

**Extra shirts:** \$ \_\_\_\_\_

Donations: I have enclosed an additional donation of \$ \_\_\_\_\_ .00 (make out to "NVRC")

**Total enclosed:** \$ \_\_\_\_\_

In consideration for the opportunity to participate in the Allegheny Front Trail Run or Blueberry Trail Run/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, 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: \_\_\_\_\_