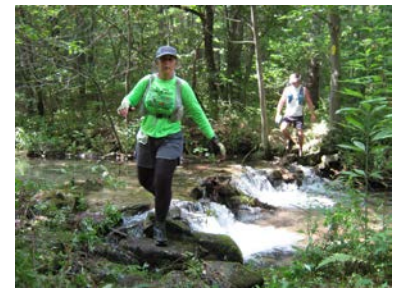




THE ALLEGHENY FRONT TRAIL RUN

50K \* 13.1M \* 7-mi Hike \* 1-mi Blueberry Trail Hike
Run on scenic state park and forest trails.



Saturday, July 30, 2016

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.

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/goAFTRit2016. 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

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

50K Course, New Half Marathon Course, and 7-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, 7am start, min age 18.

Fees: Seneca Run: Through June 1-30: \$55. July 1-Race Day: \$65. Hemlock Run: Through June 1-30: \$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.

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.



AFTR 2016 Registration Form (Use this form if you are not registering online)

Name \_\_\_\_\_
Event (check one): Seneca 50K Run \_\_\_ Hemlock Half Marathon Run \_\_\_ 7-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: \$ \_\_\_\_\_
I'd like \_\_\_ additional AFTR [ ]performance [ ]cotton 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, 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.

Signature (required): \_\_\_\_\_ Date: \_\_\_\_\_

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

Parent/Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_