



4.5-Mile Hike

Hike along scenic sections of the Allegheny Front and Moss Hanne Trails

Held in conjunction with the *Allegheny Front*

**Mid-State Airport
Sat., Aug. 5, 2017, 8:30 AM**

SIGNUP: 7:30 AM – 8:15 AM

All hikers must complete a registration form. You may register day of hike, or mail this form to the below address, OR register online at <http://bit.ly/goAFTRit2016>

COURSE: Easy out-and-back hike with one gentle climb. Begin your hike from the airport parking lot. Take the Blueberry Trail to the Moss Hanne Trail, then onto the Allegheny Front Trail. Turn-around is at the Shirks Road runner check point station. After a break, retrace your steps back to the airport parking lot. (See map on next page. Trail maps also available at registration.)

HIKING TIPS:

- *Hike with a partner or group
- *Hikers yield to runners in competition
- *Trails are well marked. Intersections have directional signs.
- *Wear appropriate footwear (trail may be wet in places).
- *Consider packing along insect repellent, whistle, hiking stick, band aids, allergy/bee sting supplies, water, snacks, map.

ENTRY OPTIONS:

\$5.00 Donation	Hike only	\$15.00	Hike plus AFT T-shirt
\$10.00	Hike & Meal Ticket	\$20.00	Hike, AFT Shirt & post-event meal at airport

AFT Run and Hike helps support ongoing trail maintenance: Part of the proceeds are donated to Keystone Trails Association, a federation of membership organizations and individuals dedicated to providing, preserving, protecting and promoting recreational trails and hiking opportunities in Pennsylvania. KTA also represents and advocates for the interests and concerns of the Pennsylvania hiking community.

4.5-Mile Hiker Registration Form

Detach & mail to: M.A. Williams, 164 Tarrie Street, Philipsburg, PA 16866
(Note: Only one signed registration form per person) PLEASE PRINT

Name: _____
 Address: _____
 Town: _____ ZIP: _____
 Phone: _____ Email: _____

Check one:
 \$5.00 Hike only _____
 \$10.00 Hike & post-event meal _____
 \$15.00 Hike & T-shirt _____
 \$20.00 Hike, T-shirt & meal _____
Make checks payable to "NVRC"

WAIVER: 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. 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: _____ (parent to sign if hiker under age18)

If ordering an AFT (Cotton) Shirt, please indicate size:

Men: S M L XL XXL Women: S M L XL Youth: S M L XL

- State Park No Hunting
- State Park Hunting
- State Park Hunting Late Muzzleloader/ Archery Only
- Delayed Harvest Artificial Lures Only

00 - CONTOURS ARE ON 50 FT. INTERVALS

Allegheny Front Trail Run

4.5-MILE HIKE

✻ Checkpoint/Aid Station

● Start/Finish

