



The Lehigh Valley Steel Force Friend Chapter of National AMBUCS Inc. is a nonprofit organization that consists of volunteers dedicated to helping the Lehigh Valley community. We focus on providing AmTryke® therapeutic tricycles to children with disabilities, allowing them to travel independently, build self-esteem, strengthen muscles, and improve motor coordination, while making exercise fun. AmTryke® riders can use their hands, feet, or both, to power the tricycle, and several customizations can be made to make the ride more comfortable. The numerous children with special needs living in the Lehigh Valley yearn to interact with their peers and be physically active, and AmTrykes® gives them the opportunity to engage in inclusive play. Physical and occupational therapists also cite the AmTryke's® therapeutic benefits.

Lehigh Valley Steel Force
Friend Chapter of
National AMBUCS Inc.
3721 Crescent Court West
Whitehall, PA 18052

Trot for Trykes

Providing Mobility to Individuals with Disabilities

April 10, 2010

9:00am

10K Run/Walk

Rain or Shine

Ironton Rail Trail, Coplay

Saylor Park

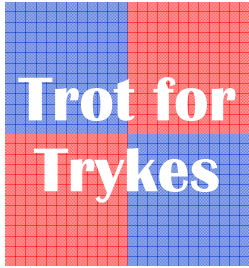
Sponsored by:

Cynthia Miles & Associates, LLC.

The Finish Line Running Store

**Lehigh Valley Steel Force Chapter of
National AMBUCS, Inc.**





EVENT DETAILS:

What: 10K Run/Walk

1-Mile fun Run for kids

When: Saturday, April 10, 2010

10K Race starts at 9:00am

Where: Ironton Rail Trail: Race starts and ends at Saylor Park in Coplay (near the intersection of Coplay Road and the Ironton Rail Trail, next to the Coplay cement kilns)

Trail Map:

www.irontonrailtrail.org/IRTmap.htm

Cost: \$25 (pre-registration, ending March 26)
\$30 (registration)

Hosted by: Lehigh Valley Steel Force Chapter of National AMBUCS Inc.; Cindy Miles & Associates, LLC.; and The Finish Line Running Store

Why: To promote fitness and activity for individuals of all Abilities. Money Raised will support the local Chapter of AMBUCS to continue to promote mobility for individuals with disabilities.



RACE DAY SCHEDULE:

8:00am—8:45am	Registration
8:45am	Welcome
9:00am	10k Race Begins other activities for families*
11:15 am	Race Results and Awards
11:30am	Lunch
12:00pm	AmTryke® distribution

*Food and Drinks will be available throughout the day as well as other activities and goodies

REGISTRATION INFORMATION:

Please arrive at the Coplay Pavilion at Saylor Park no later than 8:30am (8:15am for race day entrants). Only those who pre-registered are guaranteed a shirt and goodie bag. Look for volunteers and signs to direct you to parking lots, race starting line, and AmTryke® areas.

Registration groups are as follows: Under 10, 10-12 years old, 13-15 years old, 16-19 years old, 20-29 years old, 30-39 years old, 40-49 years old, 50-59 years old, and 60+ years old.

AWARDS AND RESULTS:

- Awards given to the top male and top female of each age group, as well as the top 2 male and female runners overall.
- Results posted on Active.com.

AMTRYKE INFORMATION:

AmTrykes® will be given to individuals currently on L.V. Steel Force Wish list.

For more information call 610-820-7667 or

Email: lvsteelforce@gmail.com.

RACE REGISTRATION:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age (on race day): _____ Male Female

T-shirt size: (only guaranteed to those who pre-register)

Adult SM MD LG XL

Youth SM MD LG XL

FEES

Participants can pay online at Active.com (for a small processing fee) or can send this form and payment by cash or check to the address on the back of this flyer.

Pre-Registration \$25 (on/before March 26, '10)

Registration \$30 (on/after March 27, '10)

I am including additional fundraising money.

Registration Age Group: _____

Please make checks payable to: Lehigh Valley Steel Force

I hereby waive any and all claims against Lehigh Valley Steel Force, Ironton Rail Trail, and all sponsors and personnel involved in the run/walk for any injury that I might suffer at this event. I attest that I am physically fit and prepared for this event. I am aware that my name/address may be made available to other organizations related to this event. I grant full permission for Lehigh Valley Steel Force and participating organizations to use photographs of me in accounts and promotions of this event.

Signature _____

If under 18 parent/guardian signature _____

Date _____