



Saturday, Sept. 21, 2019

Race Time 10:00 am

ABOUT THE TRAIL: Formerly a railroad bed, this once forgotten piece of nature is being brought back to life. The completed portion of the **Susquehanna Warrior Trail** consists of 11-miles of the old Delaware-Lackawanna Railroad. The trail passes through some of the most scenic portions of the Susquehanna River corridor where one can walk, bike, or jog. Residents and guests of the Wyoming Valley can enjoy the handicap accessible trail year round.

www.susquehannawarriortrail.org

Registration Date Range	5K Run/Walk for the Rhythm	1 Mile Walk for the Rhythm
July 01, 2019-Sept. 6, 2019	\$20	\$15
Day of Registration	\$25	\$20

Register by Sept. 6, 2019 to ensure that you receive a t-Shirt

LOCATION: Susquehanna Warrior Trail in Shickshinny, PA. Follow Rt. 11 to Curry Donuts in Shickshinny, PA and turn onto Oak Street.

PACKET PICK UP AND DAY OF REGISTRATION: Sept. 21, 2019 from 9:00 am to 10:00 am at the playground pavilion located at Oak & North Canal Streets.

COURSE: Wheel measured, out and back, flat and fast on the Susquehanna Warrior Trail.

ENTRY FEE: \$20.00 by September 6th, and \$25.00 thereafter. Checks payable to **Northwest Marching Band Sponsors**.

INFORMATION: Contact Race Director Wyanita Edwards at: 570-441-7548

RUNNERS' AGE GROUP AWARDS / MALE & FEMALE: 15 and under, 16-25, 26-35, 36-45, 46-55, 56-65 66+ Medals to top 3 male and female runners in each category.

TIMING PROVIDED BY: Second Wind Race Timing

REGISTRATION FORM: Fill in the form below, cut, and mail to: Wyanita Edwards, 241 Tubbs Hill Rd, Benton Pa 17814

Please circle one: **5K Run** **5K Walk** **1 Mile Walk**

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ SEX: M F

PHONE #: _____ CELL #: _____ Email: _____

DATE OF BIRTH _____ AGE AS OF SEPTEMBER 1, 2019 _____

Participants that register before Sept. 6, 2019 will receive a free T-shirt. Please check your size.

T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

I enter this event properly trained and in good health with the realization that such an activity is a potentially dangerous one due to possible hazards and defects in the trail. In consideration of this entry being accepted, I for myself and anyone entitled to act on my behalf intending to be legally bound, waive and release, and will not sue for any and all rights and claims for injuries that may occur at this event against all those conducting this event, including, but not limited to officials of the SWTC, Shickshinny Borough owners of the trail easement, Northwest Marching Band Sponsors, Northwest Area marching Band Directors, Northwest Area School District, Northwest Area School Board, Second Wind Race timing, volunteers, sponsors, and all others.

SIGNATURE: _____ Date _____

Parent or guardian's signature if entrant is under 18:

SIGNATURE: _____ Date _____

Race Benefits: Northwest Area Marching Band