

# 3rd Annual Susquehanna Warrior Trail

## 5K Race/Fun Walk

Saturday April 3, 2010 at 10:15 am  
Shickshinny, PA

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

**REGISTRATION:** 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 new Susquehanna Warrior Trail.

**ENTRY FEE:** \$17.00 by March 27. \$20.00 thereafter. Checks payable to S.W.T.C., PO Box 54, Shickshinny, PA 18655

**SOUVENIR SWT T-SHIRTS:** Awarded to first 100 competitors.

**AWARDS:** Trophy to top male and female runner. Specially designed medals to the first three competitors in each runner's age group. Surprise door prizes will be awarded.

**INFORMATION:** Contact Race Director Max Furek at (570) 542-7946 or [jungle@epix.net](mailto:jungle@epix.net)

**RUNNERS' AGE GROUP AWARDS / MALE & FEMALE:** 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over, 70 and over.



**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, Lehigh and Western 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. By ultimately linking with two other local trails and 13 public parks, the SWT will create connections from one green space to another.

[www.susquehannawarriortrail.org](http://www.susquehannawarriortrail.org)

I will RACE ... I will WALK (Please circle one)

**ENTRY FORM: Send check to SWTC, PO Box 54, Shickshinny, PA 18655.**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ SEX: M F

DATE OF BIRTH \_\_\_\_\_ AGE AS OF April 3, 2010 \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

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, intending to be legally bound, waive and release any and all rights and claims for injuries that may occur at this event against all those conducting this event, including officials of the SWTC, Shickshinny Borough, owners of the trail easement and all others.

SIGNATURE (PARENTAL CONSENT IF UNDER 18) \_\_\_\_\_

**Overall Record Holders:** Tony Lawson, Berwick, 17:40 (2008) . Katie Sick, Millville, 20:19 (2009)

All proceeds to benefit the Susquehanna Warrior Trail