

The 47th Annual Switchback Scamper
10K Run and 5K Walk
Sunday, October 15, 2017
Race Start Time: 2:00 p.m.

COURSE: beginning in Summit Hill borough, thru the streets for the first 2 miles, next 2.5 miles on gravel & grass covered trails, ¼ mile on highway before turning to trail, final 0.2 on pavement. All downhill trail is the former Switchback Railroad. (transportation to the race start can be provided)

FINISH: at the beautiful Mauch Chunk Lake Park – Summit Hill police escort at start, ambulance/medical assistance at finish.

REGISTRATION/PACKET PICK-UP Mauch Chunk Lake Park-Wildoner/Koch Pavilion from 12 noon to 1:30 p.m. (alternate route to lake via 443 to 902 to Lentz Trail to the Mauch Chunk Lake Park or 209 S. right on Beaver St. to right on Flagstaff Road to left onto Lentz Trail to MCLP or from Hazleton area 93 to 209N. right on Walnut Ave. to right on Center Ave.. continue Center Ave until end, proceed straight onto highway (Lentz Trail), lake entrance on left

ENTRY FORM

SPECIAL NOTE: Walkers will begin at the lake (runner's finish line) and follow directional signs for the walking route. ALL RUNNERS AND WALKERS are eligible for awards. REFRESHMENTS: soup and beverages provided to participants. REGISTRATION DEADLINE: RACE DAY – first 100 entries receive tee-shirts

Important: Check one: RUNNER _____ WALKER _____

NAME: _____ AGE _____ DATE OF BIRTH ____ / ____ / ____

ADDRESS _____ CITY _____

STATE _____ ZIP CODE _____

E-MAIL ADDRESS _____

PHONE(____) _____ SEX (FEMALE) _____ (MALE) _____

ORGANIZATION OR SCHOOL _____

SHIRT SIZE (please circle size) MED LARGE EX-LARGE
Registration: \$25.00 *****a portion of the proceeds will benefit the Special Olympics of Carbon County***
Make check payable to: Switchback Scamper
Mail to: St. John's Lutheran Church, 319 South Avenue, Jim Thorpe, PA 18229

Additional information: contact Kevin Cunningham – 484-557-2033
Or leave a message on church phone: 570-325-4255 or go to www.stjohnsinjimthorpe.org

RELEASE: ALL ENTRANTS MUST SIGN RELEASE
In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, wave, release and forever discharge any and all rights and claims which I may have or which may hereafter accrue to me against the Switchback Scamper, St. John's Lutheran Church (Heights) or any and all other sponsors and promoters, while traveling to and from this event, and participating in said event. I FURTHER ATTEST THAT I CONSIDER MYSELF TO BE IN EXCELLENT HEALTH AND THAT I HAVE SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE OF PARTICIPANT _____
(Parent or guardian signature if participant is under 18)