

On-Line Registration: [16th Annual Susquehanna Warrior Trail 5K Run/Fun Walk \(runsignup.com\)](http://runsignup.com)

16th Annual Susquehanna Warrior Trail

5K Race/Fun Walk



Saturday April 8, 2023, 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 registration pavilion located at Oak & North Canal Streets.

COURSE: Out and back, flat and fast on the Susquehanna Warrior Trail.

ENTRY FEE: \$20.00 by March 23rd. \$25.00 thereafter. Checks payable to S.W.T.C., PO Box 54, Shickshinny, PA 18655

SOUVENIR SWT T-SHIRTS awarded to first 150 registrants.

AWARDS: Unique Trophy to top male and female runner. Specially designed medals to the first three finishers in each runner's age group. (Awards presented by the Easter Bunny. Photo opps for all participants.)


INFORMATION: Contact Race Director: Barb Rupert jomocarup@aol.com

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, 60-64, 65-69, 70 and over.



ABOUT THE TRAIL: The Susquehanna Warrior Trail consists of 12 1/2-miles of the old DL & W Railroad. The trail passes through some of the most scenic portions of the Susquehanna River corridor where one can walk, bike, or run. 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

I will RUN/WALK 5K (timed) I will FUN WALK (untimed)  (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 on day of race _____

E-Mail ADDRESS _____ SHIRT SIZE S M L XL

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. I also allow my likeness including photograph to be used in any possible media release.

SIGNATURE (PARENTAL CONSENT IF UNDER 18) _____

Overall Record Holders: Jeffrey Skwierz, Forty Fort, 16:10 (2016). Marina Orrson, Shavertown, 17:48 (2015)

All proceeds to benefit the Susquehanna Warrior Trail