

**51<sup>st</sup> Annual Switchback Scamper 10K Run and 5K Walk**  
**Sunday, October 23, 2022**  
**Race Start Time is 2:00 p.m. in Summit Hill**

Course: beginning at the west end of Ludlow St (near St. Joseph's Church) in Summit Hill borough, thru the streets for the first 2 miles, next 2.5 miles on gravel and grass covered trails, ¾ mile on highway before turning to trail, final 0.2 on pavement. All downhill trail is former Switchback railroad bed. (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 Pavilion from 12 noon to 1:30 p.m. (alternate arrival route to lake via 443 W. to 902 to R. on Lentz Trail to Mauch Chunk Lake Park or 209 S. right on Beaver St. to right on Flagstaff Rd to left onto Lentz Trail to MCLP or from Hazleton via 93 to 209 N. right on Walnut Ave in Jim Thorpe to right on Center Ave, continue Center Ave to end, proceed straight on highway (Lentz Trail), lake entrance on left.

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ENTRY FORM

**Special note: Walkers 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) \_\_\_\_\_

SHIRT SIZE (please circle size)      MED      LARGE      EX-LARGE

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REGISTRATION FEES: DAY OF RACE \$30.00    ON-LINE REGISTRATION: \$25.00

Sign up on-line at: <https://runsignup.com/Race/PA/JimThorpe/TheSwitchbackScamper>

Make checks payable to: Switchback Scamper- Mail to St. John's Lutheran Church, 319 South Avenue, Jim Thorpe, PA 18229

Additional information contact Walter Schlenner at 484-553-1556 or Bonnie Hoffman 610-554-3528; or leave a message on the church phone: 570-325-4255, download application at [www.stjohnsinjimthorpe.org](http://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 THEIR EVENT.**

**SIGNATURE OF PARTICIPANT------(PARENT OR GUARDIAN IF UNDER 18**