

Come Join the Fun!



Photos Taken from the 2004 Race



Founded in 1973, Wildlands Conservancy is a member-supported, non-profit organization focused on preserving, protecting, and enhancing the land, water, ecological, and recreational resources of the Lehigh River Valley. Our programs focus on sheltering precious open spaces, restoring rivers and streams, educating our children about nature, raising the awareness of adults, and protecting and creating parks and recreational trails. For more information about Wildlands Conservancy and its membership program, visit www.wildlandspa.org or call (610) 965-4397. All proceeds from this event benefit Wildlands Conservancy.

Event Sponsors Include:
(As of 08/06/07)

- L.L. Bean
- Nestor's Sporting Goods, Inc.
- Saucon Valley Bikes
- The Aardvark Sports Shops

Send check and completed registration form to Wildlands Conservancy at the following address:

3701 Orchid Place
Emmaus, PA 18049

Please make checks payable to:
"Wildlands Conservancy"

In memo section of check write:
"2007 Metro-Wilderness Adventure Race"

For more information please call:
Chris Kita @ 610.967.6776



METRO-WILDERNESS ADVENTURE RACE

presented by L.L. Bean

Fifth Annual

Sunday, September 23, 2007

Sand Island Bethlehem

Registration Check-In Begins at 7:00 a.m.

Race Start Time is Approx. 8:30 a.m.



Metro-Wilderness Adventure Race Overview

Start rallying your teammates!

Wildlands Conservancy's fifth annual Metro-Wilderness Adventure Race will not only test your endurance but also challenge your mind.

Dubbed the Lehigh Valley's premier "thinking-person's triathlon," three-person teams (coed teams are welcome) will race along the Bethlehem-to-Allentown reach of the Lehigh Mountain and Lehigh River corridor using a topographic map and compass to locate strategically placed checkpoints and compete in "survivor type" challenges. The race objective is to collect as many points as possible within the four-hour time limit. Teams will hike, bike, swim, paddle, and orienteer along an approximate 10-mile course.

The winner of the Metro-Wilderness Adventure Race is not always the swiftest or the fittest team ... but rather the team that makes the best decisions!



A pre-race refresher on the use of a compass will be presented approximately 30 minutes before the start of the race.



Check out our Fifth Annual Metro-Wilderness Adventure Race

- * A detailed race and course description will be mailed prior to race day.
- * On race day, each team will receive a packet including a course map and event T-shirt.
- * All participants must sign a waiver prior to the start of the race.
- * Personal flotation devices (PFDs), canoes, and paddles will be provided.
- * Trophies and cash prizes will be awarded for 1st, 2nd, and 3rd place teams.

Race will be capped at 40 teams ...

SIGN UP NOW!!!

Entry Fee is \$110 per Team

Pre-Registration is Required!



For More Information Please Call:
Chris Kita @ 610.967.6776

REGISTRATION FORM

Team Member No. 1 Full Name: _____

Shirt Size: S M L XL

Team Member No. 2 Full Name: _____

Shirt Size: S M L XL

Team Member No. 3 Full Name: _____

Shirt Size: S M L XL

Team's Primary Contact Information

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

E-mail: _____

Please complete and detach this registration form and submit with check to Wildlands Conservancy at the address provided on the back page.

Supported by the Pennsylvania Department of Conservation and Natural Resources as one of the Lehigh River of the year activities.