

7th ANNUAL J'S RUN 5K Run/Walk



Supporting Pancreatic Cancer Research and those affected by PC

Date: Sunday, May 1, 2016 Time: 9 am

Location: Lehigh Parkway, Allentown PA

Entry Fees/Registration:

Registration:

Ages 11 and up: \$30 until 4/15. \$35 starting 4/16.

Ages 10 and under: \$15 until 4/15. \$25 starting 4/16.

**All pre-registered entrants receive tee-shirts. Race day registrants are not guaranteed tee-shirts. **

Team registration available only through Active, see link below. Discount registration for team members, minimum of 5 participants per team.

Pre-Registration ends April 23rd and opens again on race day.

Race-day registration and race packet pick-up from 7:30 am to 8:30 am at Lehigh Valley Parkway. Pre-registration is encouraged online at: <http://www.active.com/allentown-pa/running/distance-running-races/7th-annual-j-s-run-5k-run-walk-2016> OR mail in registration form and check payable to: J's Run PO Box 3513 Allentown, PA 18103.

For additional info, visit www.jsrun.org.

Tribute Signs:

"Dedicate A Mile" in honor of, in memory of, or running for a loved one diagnosed with pancreatic cancer. Dedication prices are \$20/sign. Add additional charge(s) to registration cost and submit dedication name(s) with payment and registration form. (Also available online registration)

Early Packet Pick-up Available April 30th from 2PM to 4PM at the Emmaus Run Inn 322 Main Street Emmaus PA

Age Groups and Awards:

Awards for top overall runner M/F, as well as runners by age categories. Post-race refreshments, music and raffle immediately following runners' awards ceremony. You must be present to win raffle prizes.

Full Name _____ (please print clearly)

Age on race day _____ Gender M/F (please circle) Date of Birth _____

Address: _____

Phone Number: _____ Email: _____

Run OR Walk: _____ T-Shirt Size: S, M, L, XL, 2XL (ADULT) OR S, M, L (CHILD)

Dedicate a Mile: YES/NO (please circle) If YES, circle In Memory of; In Honor of; or Running for (\$20/sign)

If yes, print name(s) clearly

I verify that I am physically fit and sufficiently trained to participate in this event. In consideration of the acceptance of this entry, I, for myself, my heirs, my executors, and administrators, hereby waive any and all rights and claims for damages, injuries or losses that I may have against Allentown, Lehigh County, any and all race officials, as well as any other person, company, or organization connected with the 5k run, their heirs, executors, administrators, successors and assigns for any and all damages, injuries or losses which I may suffer while taking part in this event or as a result of.

Signature (parent/guardian if under 18)

Date