



5K RUN & WALK

Honoring an amazing mother lost to Ovarian Cancer

Saturday, July 9th 2016

9:00AM Allentown, PA

Proceeds go to a scholarship for a student whose family suffers from cancer

Dogs and Strollers Welcome! No additional entry fee required

LOCATION/REGISTRATION: Starts at Allentown's Cedar Beach Park, 2600 Parkway Blvd Allentown, PA: Registration/number pickup will be in the parking lot near the pool and basketball courts starting at 7:30AM. Look for white and purple balloons! 5K Run and Walk begin at 9:00AM.

COURSE: The course will start and end near the basketball courts. It is primarily paved trail and some gravel. **FAST & FLAT!**

AMENITIES: T-shirt guaranteed to all preregistrants of 5K. Toilet facilities, food vendors, plenty of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Race photos will be available at Stellarbasketball.com and our Facebook page! **AFTER PARTY:** Directly following the race, come enjoy refreshments, food, music, and fun for the kids right at Cedar Beach Park! We will be handing out the awards at this time as well as door prizes. This event is included in your \$30 race fee.

AWARDS: Awards for the 5K-Run Top 3 male & female finishers plus:
 13 & Under: 3M, 3F 14 - 18: 3M, 3F 19 - 29: 3M, 3F 30-39: 3M, 3F 40-49: 3M,3F 50-59: 3M, 3F 60+: 3M, 3F
 *Top 3 Dogs and Top 3 Strollers!

ENTRY: \$30 for 5K Run/Walk. Race day registration to be CLOSED at 8:30AM. Kids under age 6 are free!

Register at Steps4Stellar.com OR Fill out the Form Below

MAIL CHECK PAYABLE TO "Steps4Stellar" & FORM BELOW TO: STEPS 4 STELLAR, 5190 Memorial Road, Schnecksville PA, 18078. RACE DIRECTOR: Dana Stellar: (410) 949-4984, Steps4Stellar@gmail.com

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____ / ____ / ____

Race (circle one): 5K-Run 5K-Walk Sex: M or F Phone: (_____) _____

Shirt Size (circle one): S M L XL XXL E-mail _____ @ _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Steps4Stellar, Allentown Cedar Beach Park, City of Allentown and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, illness, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ Date ____ / ____ / 2016