

**Leadership Lebanon Valley '16**  
**PRESENTS:**  
**THE 1<sup>st</sup> ANNUAL**  
**VALLEY LIFE DOG DAY 5K**  
**& 1.5K Fun Dog Walk**  
**Sun, September 18, 2016 - 3 PM - Lebanon, PA**

**LOCATION/REGISTRATION:** Union Canal Tunnel Park, 25<sup>th</sup> & Union Canal Drive, Lebanon; Registration/number pickup at the pavilion located on the front of the property, starting at 1:30 PM. 5K at 3:00 PM, 1.5K Fun Dog Walk at 3:45PM.

**COURSE:** off road course, grassy area

**AMENITIES:** T-shirt to all pre-registrants of 5K; "goodie" bag for all dogs. Refreshments for finishers, porta potty on site & parking lot, time clock at finish and instant results. Nice area to have a picnic before or after the race. Dogs **MUST** be on leashes and cleaned up after. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for the top overall male & female winners plus: 18 & Under: 3M, 3F 19 - 29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+: 3M, 3F

**ENTRY:** For 5K: Pre-register by August 31: \$30 per runner (includes T-shirt); Register after August 31: \$35 per runner (T-shirt not guaranteed); 1.5 Mile Dog Walk: \$15 (no T-shirt) or \$25 (includes T-shirt & matching dog bandana)

**ABOUT:** The Valley Life Dog Day 5k is a collaboration between the Leadership Lebanon Valley Class of 2016 and the Humane Society of Lebanon County. All proceeds benefit both organizations. No dog? That's OK, just come and enjoy a 5k in the picturesque Lebanon Valley. Not a runner? No problem, bring your dog for a 1.5k walk and enjoy some quality time together. Bring your race bib to Snitz Creek Brewery any time after the race to receive a \$4 pint and 10% off of your food purchase - bring your pup along and hang out in the outdoor beer garden! We will also be holding a raffle at Snitz Creek - One 1st place prize of \$1,000, two 2nd place prizes of \$500 and three 3rd place prizes of \$250. So come out to celebrate Valley Life with a day of fun, exercise, dogs and good beer! Don't forget to share all the fun with everyone using our hashtag #lebanonvalleylife!

**MAKE CHECK PAYABLE TO: Leadership Lebanon Valley & MAIL FORM BELOW TO: Darcy White, 3091 Lebanon Road Manheim, PA 17545 RACE DIRECTOR: Kiya Emerich, [kiya@stricklerinsurance.com](mailto:kiya@stricklerinsurance.com) <http://valleylifedogday5k.weebly.com/>**

**Optional Online Registration Available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(Nominal service fee applies, closes at midnight, the Wednesday before race day)

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

Last name \_\_\_\_\_ First name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Race (circle one): 5K DOG WALK Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ P.M.  
 Shirt Size (circle one): S M L XL; Dog Bandana S M L XL email \_\_\_\_\_@\_\_\_\_\_

**Already Getting Emails from Pretzel City Sports Regularly??** \_\_\_\_\_ Yes \_\_\_\_\_ No  
 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 Pretzel City Sports, Reading Area Community College 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, 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