

"HEY I KNOW YOU" 5K

www.heyiknowyou.org

WHEN

Saturday July 16, 2016

8:30am Start

Proceeds benefit graduating high school students with intellectual disabilities!

WHERE

**Macungie Memorial Park
50 POPLAR ST, MACUNGIE PA**

- Age Bracket Awards - \$\$\$ Cash prizes - Ribbons



ALL AGES EVENT

5K RUN 8:30AM START

1/2mi KIDS RUN 9:20AM

KIDS FUN DASH FOLLOWS

ADVANCE REG

\$20 5K BEFORE JUNE 30TH

\$25 AFTER

*All ages

\$10 KIDS RUN + FREE TSHIRT

*Ages 12 and under

\$5 PER FAMILY FUN DASH

*Ages 5 and under

DETAILS

Register online @ Active.com,
heyiknowyou.org,

or mail bottom portion to:

Ben Yorgey Foundation

5771 Buckeye Rd

Macungie, PA 18062

***payable to:**

Ben Yorgey Foundation

HEY!

For full list of details, prizes,
course records and
amenities visit :

www.heyiknowyou.org

REGISTRATION: Complete this portion. Detach and mail with \$20 early registration fee by JUNE 30th OR late registration fee of \$25 for 5K and \$10 registration for 1/2 Mile Kids' Run. Early registration includes event T-shirt; size requests may be substituted. **Payable to BEN YORGEY FOUNDATION**

Name _____ Daytime Phone _____

Address _____ City _____ State ____ Zip _____

Signature X _____ Date _____
(PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE)

E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size (*circle one*)

Youth **S M L**

Adult: **S M L XL XXL**

*Packet pick-up on Fri., July 17th from
5:30 - 7 p.m. at Memorial Hall in Macungie
Park, or on race day 7 a.m.*

BY SIGNING I HAVE READ AND UNDERSTAND THE FOLLOWING WAIVER/RELEASE:

I know that running a road race is a potentially hazardous activity. I should not enter, run or walk unless I am medically able and properly trained. In consideration of permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against the Ben Yorgey Foundation or its assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose.

PLEASE CHECK ONE OF THE FOLLOWING: 5K _____ KIDS RUN _____