

Lily's Hope 5k Run/Walk

And 1/4 mile fun run for kids 10 and under (no cost for kid fun run) at 8:00am

Saturday, May 12th, 2018 8:30am

Race benefitting Lily's Hope (premature babies and their families) We ask that you bring an item to donate to Lily's Hope to drop off in the collection bin at the race. Requested items are baby shampoo, bath wash, premie diapers, premie onesies, baby wipes

LOCATION: Pavilion at Southern Lehigh Living Memorial Park 3900 Jacoby Road, Coopersburg PA 18036. Race will be on the Saucon Rail Trail. Registration/bib pick up starts at 7:15am. 5k starts at 8:30am., ¼ mile kids fun run starts at 8am

COURSE: Saucon Rail Trail, flat course, walkers welcomed as well, professionally timed by Pretzel City, post race refreshments provided

AWARDS: Gift cards and medals: 1st overall male and female, plus top M and F in these age brackets: 15-19, 20-29, 30-39,40-49, 50-59, and 60 +

ENTRY: 5k: \$20 fee if registered by May 2nd. Fee includes swag bag with several race related items and a pair of running socks. \$25 after that date including race day, swag bag available while supplies last

Kids Fun Run Entry– ¼ Mile Kids Fun Run is FREE For ages 10 & Under, registration form and waiver must be signed. All kids participating in the fun run receive a medal

Online Registration available at www.pretzelcitysports.com (online Reg. closes midnight may 9th)

Mail In Registration: Fill out form below and mail in (must receive form and check by Wed May 9th, 2018)

Directions: enter 3900 Jacoby Road Coopersburg PA 18036 into GPS/Google maps, race will start and end near the picnic pavilion

RACE DIRECTOR: Patricia Quinlan, 210-601-8687

MAKE CHECK PAYABLE TO Patricia Quinlan

MAIL CHECK& FORM BELOW TO: Patricia Quinlan 5070 W Saucon Ave Center Valley PA 18034

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K ¼ fun run Sex: M F Race day age: _____ Date of birth ____/____/____

Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

Already getting Pretzel City emails 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, Lily's Hope and Girl Scouts, 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. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 20__