



RUN FOR THE RUN

5K Run and Fun Walk

Nancy Run Fire Company, Bethlehem, PA
In cooperation with Notre Dame High School will host a 5K Run and Fun Walk.

SATURDAY, AUGUST 30th, 2014 beginning at 8AM

ENTRY FEE & REGISTRATION:

- \$25.00 for runner, if registered by August 23, 2014.
- \$30.00 for runner, after August 23, 2014.
- \$20.00 for walker

Registration includes a race T-shirt. Note: *if you register on race day, T-shirts may be limited.*
 Race day registration and race packet pick-up begins at 7am in the Registration Tent located at **Notre Dame High School, 3417 Church Road, Easton, PA 18045.**
 Pre-registration forms are available online at www.active.com. Deadline for pre-registration is August 23, 2014.

Registration forms may be mailed with a check payable to:

Nancy Run 5K
 3564 Easton Ave
 Bethlehem PA 18020

INFORMATION:

Questions can be directed to Jamie Kreidler 610-861-0234. There is plenty of parking on the Notre Dame campus. The running course and walk will start and finish at the high school. The event will be held on paved roads through lovely Bethlehem Township. Refreshments, snacks, music, and a raffle following the conclusion of the events with awards presented on each gender and age groups. Proceeds will benefit Cancer Support Community, Greater Lehigh Valley.



Cut and return bottom portion only.

Full Name _____ Age _____ Male or Female (Circle)

Address _____

Phone (____) _____ Cell (____) _____ Email _____

5K Run or Fun Walk (circle) T-shirt Size S M L XL XXL OPT-OUT

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 Nancy Run Fire Co, Notre Dame High School, any and all race officials, as well as any other person, company, or organization connected with the 5K/Fun Walk, 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. I hereby release photographer from all claims and liability to said photographs.

Signature _____ Date _____

(Parent or guardian if under age 18)