



Lily's Loop 5K Family Fun

Run, Walk or Stroll

Saturday, October 14th, 9am

Run is Timed by Pretzel City Sports

Valley Preferred Cycling Center

1151 Mosser Rd., Breinigsville, PA

Sponsored By:



Proceeds Benefit:



Lily's Hope Foundation is a 501(c)(3) non profit organization that provides resources to preemies and their families. All funds raised from this event will go directly to supporting those families. Since the Foundation was started in 2013, we have supported over 500 Families in the Lehigh Valley and across 35 States. We support NICU Families as referred to us by word of mouth, and from Grand View, Lehigh Valley, St. Mary Medical Center, Doylestown and St. Luke's NICU locations.

About the Event:

Lily's Loop is a unique 5K course. You will Start and Finish on the Track inside the Valley Preferred Cycling Center. The mid-race will take you outside the center onto a scenic paved loop through the park. Walkers are also invited to use the same course. The 1 mile course consists of 3 laps on the apron/track of the Velodrome. The entire course is relatively flat and stroller/wheelchair accessible. Dogs welcome, but must be leashed.

Schedule:

- Breakfast, Snacks, Race Day Registration Starts at 8am
- Run, Walk or Stroll Starts at 9am
- Awards, Music, Games & Prizes immediately following race

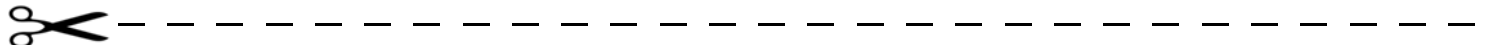
Awards:

- Overall Male & Female Finishers
- Overall Male & Female Master Finishers (40 & Over)
- Top 3 Finishers in Each Age Group

Entry fees:	Age Groups:		
Adults: \$25 before 9/29, \$35 after	19 & Under	20-29	30-39
Under 13: \$15 before 9/29, \$25 after	40-49	50-59	60 & Over

Professionally Timed by Pretzel City Sports
Race Results will be posted on www.pretzelcitysports.com

(Remember: Pin your Bib to the FRONT of your shirt. Leave the bottom tear-off portion UNPINNED so it can be removed quickly at the finish line!)



Name: _____ Team Name: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Please Circle: 5K Run / 5K Walk / 1 Mile Walk Male / Female / Child

Amount Enclosed: _____ Additional Donation toward Lily's Hope: _____

T-shirt Size (circle one)
Adult: S M L XL XXL
Youth: XS S M L XL

Want to help and raise more money? Create your own team? Register Online!

Mail Form to: Lily's Hope Foundation, 5951 Blue Grass Trail, Coopersburg, PA 18036

Contact and/or Questions: Info@Lilyshopefoundation.org or 267-776-HOPE

Checks Payable to **Lily's Hope Foundation**

www.lilyshopefoundation.org/lilys-loop

T-shirts to all Runners registered by Sept 29th

WAIVER/RELEASE: For myself and/or my minor child, my or my minor child's heirs, executors, administrators, legal representatives, assignees, and/or successors in interest (collectively, "Successors"), I hereby assume all risks associated with participation in the 5K, and I AGREE TO INDEMNIFY, HOLD HARMLESS, AND RELEASE FROM ANY AND ALL LIABILITY LILY'S HOPE FOUNDATION AND ITS AGENTS, REPRESENTATIVES, SUCCESSORS, ASSIGNS, EMPLOYEES, MEMBERS, BOARD MEMBERS, SPONSORS, INSURANCE PROVIDERS, PROMOTERS, ORGANIZERS, VOLUNTEERS, and AFFILIATES (collectively, "Releasees") FROM ANY AND ALL LIABILITY AND CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE, which I or my Successors have or which may hereafter accrue to me, or to my estate, arising out of or in any way related to my participation in the 5K.

Signature: _____

REGISTER ONLINE at www.pretzelcitysports.com
(Nominal service fee applies, closes at midnight, the Wednesday before raceday)