

2018 Lehigh Valley 5K SCADaddle for Research

The 2018 Lehigh Valley 5K SCADaddle benefits research on Spontaneous Coronary Artery Dissection (SCAD). SCAD is a little known and poorly understood cause of a heart attack. Most patients are young, healthy women who do not have the typical risk factors of heart disease. SCAD is the #1 cause of heart attacks in women under age 50, pregnant women and new moms. Although less common, it can affect men too. SCAD can recur and can be fatal. Research is needed to identify the cause(s) and the best treatment options.



WHEN: Saturday August 11, 2018 * Registration opens at 7:30am; 5k Race starts at 9:00 AM

WHERE: Upper Saucon Township Community Park 3231 Preston Ln, Center Valley, PA 18034
The park is a kid and dog friendly park. We encourage families to participate.

HOW: Register online or by mailing payment and form below by July 28 to guarantee this year's t-shirt
Optional Online Registration Available at www.scadresearch.org/5k

INDIVIDUAL AWARDS: Medals will be awarded to the First, Second, and Third place male and female finishers, and the top three male and female finishers in the following age groups: 11 and under; 12-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

TEAM AWARDS: Consider forming a team! There are three ways to achieve a team award:

Top Fundraiser: A plaque and prize will be provided to the team that raises the highest amount in individual donations (sponsorships do not count).

Top Finisher: A plaque and prize will be provided to the team that has the best "team time," calculated by adding together the times of the team's top 3 finisher

Top Team Spirit: A plaque and prize will be provided to the team that has the best team spirit, through outfits, bling, cheering, and the like. Can you be the epitome of fun?

ALL CHECK PAYABLE TO "SCAD RESEARCH, INC." (\$30 for 12 and older and \$15 below 12) & FORM BELOW TO:

Jill Kelly McComsey, c/o SCAD, 3101 Emrick Blvd, Suite 205, Bethlehem, PA 18020

RACE DIRECTOR: Jerry Steward, signandprint.co@rcn.com

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

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K Team Sex: M F Phone: (____) _____ A.M. or P.M.??

Team Name: _____ Shirt Size (circle one): 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, SCAD Research, Inc., 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 ____/____/ 20__