

Virtual "HEY I KNOW YOU" 5K

www.heyiknowyou.org

WHEN

Fri July 17- Sun July 19, 2020

Proceeds benefit graduating high school students with intellectual disabilities

Run anywhere you like!

Awards in the following categories for runners who submit pictures:

- Oldest and youngest runners
- Most referred sign-ups
- Best dressed
- Farthest participant distance from Macungie, PA
- Best K9 companion



ADVANCE REG

\$25 t-shirt in-person pickup
\$30 t-shirt shipped

AFTER JUNE 20TH

*shirts not guaranteed

\$30 t-shirt in-person pickup
\$35 t-shirt shipped

*t-shirt pickup at Keystone Running
in Allentown – date and time TBD.

DETAILS

Optional Online Registration at
www.pretzelcitysports.com
(Registration closes Sunday, July
19th at 7pm)

or mail bottom portion of
this page to:

Ben Yorgey Foundation
5771 Buckeye Rd
Macungie, PA 18062

*make check payable to:
Ben Yorgey Foundation

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

www.heyiknowyou.org

REGISTRATION: Complete this portion. Detach and mail with \$25 early registration fee by JUNE 20th OR late registration fee of \$30 FOR T-SHIRT PICK UP. Add \$5 for each type for those that wish to have their shirt shipped to them. Early registration includes event T-shirt; size requests may be substituted but shirts are not guaranteed for late registration. Payable to **BEN YORGEY FOUNDATION**

Name _____ Daytime Phone _____

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

Address _____

City _____ State _____ Zip _____

Signature X _____ Date _____

(PARENT OR GUARDIAN IF UNDER 18 YEARS OF AGE)

T-shirt size (*circle one*)

Youth **S M L**

Adult **S M L XL XXL**

Packet pick-up at Keystone running in
Allentown PA. Time and Date TBD

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.