

Waiver

I know that running a road race is potentially a 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 of running in traffic. I also assume any or all risks associated with running or attending the race, including, but not limited to falls, contact with other participants, the effects of 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 Lebanon Cops for a Cure, any subcontractors and facilities 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 their behalf, or anyone else associated in any way with the race, for any and all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknowns. By entering this race or walk, 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, parent or legal guardian must sign.

Signature _____

Date _____



**LEBANON VALLEY FAMILY YMCA
PINK COMPLETE HEALTHY LIFESTYLE
PROGRAM FOR BREAST CANCER
SURVIVORS**

The Pink Complete Program receives “rave” reviews from the over one hundred breast cancer survivors registered in the program since 2014. Survivors of all ages, all ability levels and all sizes get stronger physically and emotionally together! From post-surgery to long term health and wellness, the Pink Complete Program focuses on a healthy survivorship. The program is FREE to any breast cancer survivor. A YMCA membership is not required.



Kick off Breast Cancer Awareness Month

Saturday, September 29, 2018

9:00 a.m.

South Hills Park

1100 South Lincoln Ave., Lebanon, PA

“THE PINK MILE”

Walk the mile just for fun or run the mile competitively

DOOR PRIZES GALORE!



- Cash prizes to top male & female finishers and Top Cop in the 5-K and "THE PINK MILE"
- 1st, 2nd, & 3rd place award medals in gender and age groups
(14& U, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+).
- Cancer survivors will receive a survivor medal in their goodie bags
- All new COPS FOR A CURE t-shirt. Register by September 22nd for a guaranteed t-shirt
- Pre-entry packets can be picked up at the Lebanon YMCA, 201 N. 7th Street, Lebanon, PA., on Friday, September 28th from 9 AM through 9 PM, or starting at 7:45 AM at the event on September 29th

5K FEE:

\$25 before September 22, 2018

\$30 after September 22, 2018

THE PINK MILE FEE:

\$20 before September 22, 2018

\$25 after September 22, 2018

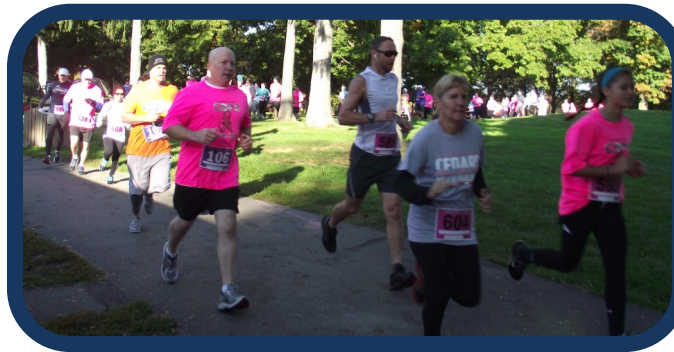


PLEASE MAKE CHECKS PAYABLE TO LEBANON YMCA

Send to: Michelle Remlinger
Lebanon City Police Department
COPS FOR A CURE
400 South Eighth Street

For Questions, contact:
Michelle Remlinger at 717-272-6611 or
mremlinger@lebanon-pd.com

ALL PROCEEDS BENEFIT THE LEBANON VALLEY FAMILY YMCA PINK COMPLETE PROGRAM FOR BREAST CANCER SURVIVORS



REGISTRATION

LAST NAME _____

FIRST NAME _____

ADDRESS _____

AGE ON RACE DAY _____

GENDER M F

PHONE # _____

EMAIL _____

TSHIRT SIZE

SMALL____ MEDIUM____ LARGE____

X-LARGE____ XX-LARGE____

YOUTH SMALL____ YOUTH MEDIUM____

YOUTH LARGE____

PLEASE CHECK IF APPLY:

LAW ENFORCEMENT____

CANCER SURVIVOR____

PLEASE CHECK THE EVENT YOU PLAN TO PARTICIPATE IN:

5K____

THE PINK MILE____

**PLEASE SIGN WAIVER ON THE BACK
OF THIS FORM**