



Run Walk

14TH ANNUAL

WITH THE HEROES

ALL PROCEEDS *to benefit*

St Luke's TRAUMA



Saturday, September 21, 2019

St. Luke's Anderson Campus

1872 St. Luke's Blvd. | Easton, PA 18045

7am - Race Day Registration & Pick-up

8am - 5K Run | 5K Walk | 5K Challenge



Please Print

First Name _____ Last Name _____ Sex _____

Street Address _____ DOB _____ Age _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Race event: 5K Run 5K Walk 5K Challenge

T-shirt size: small medium large extra-large

Entry Fees: \$25 *pre-registered by September 1, 2019 and shirt guaranteed.* | \$30 *after 9/1/2019 and shirt while supplies last!*

Make check payable to: St. Luke's Trauma Division *or register online at sluhn.org/traumaevents.*

Mail check and entry form to: Ann Marie Szoke, 4305 Wood Drive, Walnutport, PA 18088

Waiver:

I know that running/walking a road is potentially hazardous activity. I should not enter run/walk unless I am medically stable and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this activity. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions of the road and trails. All such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and for anyone entitled to act on my behalf, waive and release St. Luke's University Health Network, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. This is both a road and trail race under the rules of RRCA and USATF. No partial or full refunds. Event will occur rain or shine.

Signature: *(Parent or Guardian if under 18)* _____ **Date:** _____

ALL ENTRANTS MUST SIGN WAIVER



5K Walk:

For anyone wishing to walk the distance, there will be award for overall 1st and 2nd place.

5K Run:

For anyone wishing to run the distance, there will be and overall 1st and 2nd place award and also male and female age category awards.

5K Challenge:

A twist on the 5K run by adding an additional physical challenge at each mile. There will be an overall 1st and 2nd award for finishing plus you will still qualify for all age group awards.

Packet pick up:

Day of Race at St. Luke's Anderson Campus starting at 7am.

StLuke's TRAUMA



St. Luke's University Health Network's Trauma Center has embarked on a public health initiative called "Stop the Bleed" to help save lives that would otherwise be lost due to uncontrolled bleeding.

St. Luke's Stop the Bleed efforts are part of a national trauma initiative to train first responders and the public how to control bleeding in the event of an accident or injury and to improve the injured patient's chance of survival.

St. Luke's Stop the Bleed Initiative provides free trauma and bleeding prevention education to first responders, including police departments, schools and community organizations such as PTAs, Boy/Girl Scouts, civic groups and other non-profits. For information, visit stlukesstopthebleed.org.