



Laughing At My Nightmare, Inc. presents the 6th Annual

Laughing At My Nightmare

5K Run, Walk, and Roll

Sat. June 22, 2019 9:30 AM Bethlehem, PA

Proceeds benefit Laughing At My Nightmare, Inc – supporting families affected by Muscular Dystrophy and promoting positivity while facing life’s challenges

LOCATION: ArtsQuest Event Center, 101 Founders Way, Bethlehem, PA 18015 -- **Regist/number pickup opens at 8:00 a.m. 5k Race and 1 Mile Walk to begin at 9:30 AM.** Walkers not timed. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

COURSE: Street, moderately fast – wheel measured, professionally timed course on closed suburban/city roads.

AWARDS: Separate awards for the male and female overall winners, as well as second and third overall, plus
Age 14 & under: 3M, 3F Age 15-19: 3M, 3F Age 20-29: 3M, 3F Age 30-39: 3M, 3F Age 40-49: 3M, 3F
Age 50-59: 3M, 3F Age 60-69: 3M, 3F, Age 70+ 3M, 3F

BASIC ENTRY: 5k Run or 1 Mile Walk: \$30 if postmarked by Fri, June 7, guarantees a short sleeve T-shirt. Afterwards, plus race day, \$40, t-shirts available while supplies last.

PREMIUM ENTRY: \$50 if postmarked by Fri, June 7, guarantees a PREMIUM short sleeve T-shirt plus exclusive Laughing At My Nightmare goodies. Afterwards, plus race day \$60, t-shirt and exclusive goodies available while supplies last.

PARKING: SteelStacks/ArtsQuest parking lots are open and free of charge. **IF YOU NEED TO LEAVE PRIOR TO END OF RUN, PLEASE USE STREET PARKING.**

Optional online registration available on www.pretzelcitysports.com
(nominal processing fee applies, closes the Wed before race day, at midnight)

MAIL CHECK PAYABLE TO “Laughing At My Nightmare, Inc.” & MAIL FORM BELOW TO: 2732 Lafayette Ave, Bethlehem, PA 18017

Race Director: Shane Burcaw – shane.burcaw@gmail.com -- www.laughingatmynightmare.com

Registration Form:

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K-Prem 5K-Basic 1Mile-Prem 1Mile-Basic Sex: M F

Date of birth ____/____/____ Race day age: _____

Shirt Size (circle one) : S M L XL 2XL Email: (print clearly) _____

Phone: (____) _____

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 may 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, Laughing At My Nightmare, Inc, ArtsQuest, 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. By entering this race, I am granting permission to Pretzel City Sports and Laughing At My Nightmare, Inc 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, legal guardian must sign)

Signature _____

Date ____/____/2019