



The Dan Grim Memorial Run/ Bulldog 5K

And 1.5 mile Walk Allentown, PA

Thursday May 23, 2019

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller accessible.

WHAT: The Dan Grim 5K is a fundraiser for St John Vianney Regional School and in memory of Dan Grim, a parent of a Class of 2018 student. Proceeds will be used for a middle school scholarship program at SJV.

WHERE: Lehigh Parkway, Allentown, Pa
The course will begin near the Road Runners House.

WHEN: Thursday, May 23, 2019
5:45 PM – Registration begins
7 PM – 5K begins
7 PM- 1.5 Mile Walk starts immediately following
8 PM – Award presentation at finish line

HOW: To register, complete the form below and submit a \$25 check/money order to SJV by May 12, 2019 to receive a 5K Cotton shirt. The fee for entries received after May 12 and Race Day is \$30 while T-shirts last. Size requests will be honored to the best of our ability but size may be substituted.
1.5 Mile Walk is \$5 to participant, however children under 5 are Free, **t-shirts not for this event**

RESULTS: 1, 2 and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com

7:00 PM Start

AWARDS: Medals will be presented to Overall Male and Female. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 12 and Under, 13-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

DIRECTIONS:

- Lehigh Parkway 1600 Park Dr. Allentown, Pa
- Registration will be located by the Road Runners house

REMEMBER: Pin your number to your shirt **FRONT** leaving the bottom portion unpinned so it can be removed as you cross the finish line. This is very important!

Please make checks payable to SJV and mail to:
210 North 18th Street, Allentown, PA 18104
Email: mrokeefe@stjohnvianneyschool.org

REGISTRATION: Dan Grim Memorial Run/Bulldog 5K Complete this portion. Detach and mail. Include \$25 early registration fee by May 12th. \$30 after that date. \$5 for 1.5 mile walkers; children under 5 are Free. Checks payable to **St John Vianney Regional School.**

Optional online registration available www.pretzelcitysports.com
(Nominal processing fee applies, closes midnight, the Monday of race week)

Select: 5K RUN/WALK / 1.5 Mile WALKER

Name _____ Address _____

Please print

Phone _____ City _____ State _____ Zip _____

E-mail _____ address _____

Age (on Race Day) _____ Male _____ Female _____

T-shirt size (circle one)

Youth L M S

Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to SJV, the City of Allentown, and those in their employ, the Counties of Lehigh, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____