

Feed the Need 5K Walk/Run

## AND SUPERHERO FUN RUN

Easton, PA

## Saturday, May 25, 2019

**WHO**: Runners of all ages. Gather your family, friends and coworkers. Superhero Costumes optional for Kids and the young at heart. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. This is to raise money for children's nutritional programs in developing regions.

**WHERE:** Hugh Moore Park and Canal Museum - 2750 Hugh Moore Park Rd, Easton PA *18042*; Registration/number pickup at the Canal Museum entrance, starting at 9:00. This is a Beautiful, FAST, FLAT, TRAFFIC-FREE route.

WHEN: Saturday, May 25, 2019
8:30 a.m. – Registration begins
10:00 a.m.– 5K Run begins
10:30 a.m. – 1/2 Mile Fun Run for Ages 12 & Under
11:15 a.m. – Award presentation at finish line for the 5K

**DIRECTIONS: FROM U.S. ROUTE 22:** Take the 25th Street exit and turn south at the end of the ramp. Follow 25th Street south approximately 1.5 miles, then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park.

**FROM I-78:** Take Route 33 north to Freemansburg Avenue. At the end of the ramp, turn right (east). Stay on Freemansburg to 25th Street (look for the Aldi store on your right). Turn right on 25th Street and go south approximately .5 miles, then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park. Follow the road for parking, picnic facilities and the canal boat.

ALL parking is in the large lot before the gate Registration will be located near the Canal Museum Entrance

## 10:00AM 5K / 10:30 Fun Run

**QUESTIONS**: Call Lisa, 570-269-1223 or at lwilliams@lvf.email **HOW**: Complete the form below and submit appropriate amount to Larksview Foundation, or register online.

**5k Entry Fee**: \$20 if registered by May 11<sup>th</sup>, \$25 May 12 through midnight May 24<sup>th</sup>, \$30 on race day. Free T-Shirts for all early entries, Size requests will be honored to the best of our ability.

**1K Kids Fun Run Fee**: Free for children 4 and under, \$5 early registration for children 5-12. \$10 day of run. Entry includes meet and greet with SUPERHEROS and backdrop photo-ops. All children receive prizes and stamps at completion. Superhero themed gifts, and snacks included. Professional face-painting will be available for a fee. Large playground and restrooms on site. Flat easy route and wheelchair accessible. **Costumes encouraged but not required.** 

## Optional Online Registration Available at <u>Feedtheneed5K.org</u>

(Nominal service fee applies, closes midnight, May 22)

**5k AWARDS**: Medal and \$50 will be presented to overall Male and Female Champion. Medals presented to top three Male and Female finishers in each of the following age brackets: 13 and under, 14-19 years, 20-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60- 64 years, one medal each male and female 65-69 years, 70+ years.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com And on www.larksviewfoundation.org

**REGISTRATION:** Feed the Need 5k Run/Walk Complete this portion. Detach and mail. Include \$20 early registration fee by May 11th. After that \$25. Kids Fun Run: Children 4 & Under Free, Ages 5-12 \$5 in advance, \$10 day of race. No Fun Run T Shirts provided. Checks payable to Larksview Foundation

Name			Address			
-	Please print		-			
City Gender: Male Female Phone	StateZipAge (on Race Day) Event (circle one): 5k RUNNER 5k WALKER Kids Fun Run E-mail address			T-shirt size ( <i>circle one</i> ) Youth L M S Adult S M L XL XXL		
City of Easton and all their assume all risks associated	hereby waive all claims against the race direct r representatives and successors from any inj with running in this event including, but not n of the road; all such risks being known and of this event.	ury or liabilit limited to: fa	ty I might suffer in falls; contact with	this event. I attest that I am phy other participants; the effects of th	sically fit and pre ne weather, includ	pared for this event. I ling high heat and/or
	Signature X				Date _	
	0	(Parent or	r ouardian's sionature	if less than 18 years of age )		

Please make checks payable to Larksview Foundation and mail to: Larksview PO Box 715 Bangor, PA 18013