

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.



LEBANON COPS FOR A CURE

5K & PINK MILE

KICK OFF BREAST CANCER AWARENESS MONTH

**SATURDAY,
SEPTEMBER 28, 2019
9:00 A.M.**

**SOUTH HILLS PARK
1100 SOUTH LINCOLN AVE.,
LEBANON, PA**





- 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
(9 & Under, 10-14, 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 25th 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 27th from 9 AM through 9 PM, or starting at 7:45 AM at the event on September 28th

You can register online at
www.pretzelcitysports.com
 by September 25 at midnight!



5K FEE:

\$25 before September 25, 2019

\$30 after September 25, 2019

THE PINK MILE FEE:

\$20 before September 25, 2019

\$25 after September 25, 2019

**PLEASE MAKE CHECKS PAYABLE TO
 LEBANON YMCA**

Send to: Michelle Remlinger
 Lebanon City Police Department
 COPS FOR A CURE
 400 South Eighth Street
 Lebanon, PA 17042

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**



Register online at
www.pretzelcitysports.com
 or fill out the below information

LAST NAME _____

FIRST NAME _____

ADDRESS _____

AGE ON RACE DAY _____

GENDER M F

PHONE # _____

EMAIL _____

PLEASE CHECK IF APPLY:

LAW ENFORCEMENT _____

CANCER SURVIVOR _____

**PLEASE CHECK THE EVENT YOU
 PLAN TO PARTICIPATE IN:**

5K _____

THE PINK MILE _____

TSHIRT SIZE

SMALL _____ MEDIUM _____ LARGE _____

X-LARGE _____ XX-LARGE _____

YOUTH SMALL _____ YOUTH MEDIUM _____

YOUTH LARGE _____

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