



**Saturday, October 19, 2019**

**Lehigh Carbon Community College, 4525 Education Park Drive, Schnecksville, Pa. 18078**

The Lehigh Carbon Community College Foundation and the College will host their second annual 5K Run/Walk & Zumba for Education and Hunger event on Saturday, October 19, at LCCC's Main Campus in Schnecksville. Join us for a day of fun as we raise money for student scholarships and LCCC's new Cougar Cabinet, a food pantry dedicated to helping students who face food insecurity. To extend your charity, bring dry/canned goods or toiletry items all benefiting the LCCC Cougar Cabinet and our LCCC community.

**Please contact Jane Wilchak at [jwilchak@lccc.edu](mailto:jwilchak@lccc.edu) or [foundation@lccc.edu](mailto:foundation@lccc.edu).**



**5K RUN/WALK**

Check-in 7:30-8:50 a.m.  
 Warmup 8:30 a.m.  
 Race Begins 9 a.m.

**ZUMBA**

Check-in 10-10:50 a.m.  
 Zumba 11 a.m.-1 p.m.  
 Berrier Hall

**YOGA**

Check-in 12-12:50 p.m.  
 Yoga 1-2:45 p.m.  
 Berrier Hall

**QIGONG**

Check-in 12-12:50 p.m.  
 Qigong 1-2 p.m.  
 Berrier Hall

**Sorry, no pets allowed. Service animals only.**

**5K RUN/WALK AWARDS: Race will be officially timed by Pretzel City Sports.**

- 1st Place Overall Male & Female • Top 3 Male & Female ages 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+.
- All children ages 9 and under receive a completion medal.

**Entry fees will increase by \$10 after Oct. 11**

**Online registration available at: [www.lccc.edu/fitnessfest](http://www.lccc.edu/fitnessfest)**

**Free T-shirt to the first 100 participants registered by October 11 (Sizes Based On Availability)**

**5K RUN/WALK**

\_\_\_\_Adult ages 18+ \$25      \_\_\_\_Student \$10 with ID\*      \_\_\_\_Child\*\* ages 9 and under - No charge

**ZUMBA**

\_\_\_\_Adult ages 18+ \$20      \_\_\_\_Student \$10 with ID\*      \_\_\_\_Child\*\* ages 9 and under - No charge

**ALL ACCESS PASS – 5K Run/Walk and Zumba (Yoga not included)**

\_\_\_\_Adult ages 18+ \$40      \_\_\_\_Student \$15 with ID\*

**YOGA – 90-minute class beginning at 1 p.m. (limited to 30 participants) \_\_\_\_\$20 Adults only - ages 18+**

**QIGONG – 60-minute class beginning at 1 p.m. (limited to 30 participants) \_\_\_\_\$20 Adults only - ages 18+**

**\*Students Must Present ID at Check-In. \*\*All Children Participating in Fall Fitness Fest Events Must Be Accompanied by an Adult.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ Male ☐ Female      Birthdate \_\_\_\_\_ Age on race day \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Contact Phone \_\_\_\_\_

☐ Payment Enclosed – **Make checks payable to:** LCCC Foundation, 4525 Education Park Drive, Schnecksville, PA, 18078  
 Payment can also be made in person in Room 104 of the Student Services Center on Main Campus.

## 5K RUN/WALK & YOGA WAIVER OF LIABILITY AGREEMENT TO PARTICIPATE:

Knowing that there are dangers, hazards, and risks associated with participating in the Event, I, the undersigned, being of adult age, on behalf of myself and if applicable, on behalf of the minor child listed below, for whom I am a parent, legal guardian, or otherwise responsible, agree to assume all the risks attributed to my participation, or the minor child's participation in the Event. Participation in the Event is purely voluntary. I grant full permission to the use any photograph, video, recording or other record of the Event for any legal purpose. I have no physical or medical condition which would endanger others or myself or would interfere with my ability to participate in the Event. The minor child for whom I am a parent, legal guardian, or otherwise responsible does not have any physical or medical condition which would endanger the child or others or would interfere with the child's ability to participate in the Event.

### RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT:

I, the undersigned, in consideration for the use of the facilities at Lehigh Carbon Community College (the "College"), which involves the risk of injury to me regardless of who causes it, for myself, the minor child for whom I am parent, legal guardian, or otherwise responsible and my personal representatives, assigns, heirs and next of kin: HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the College or Foundation, their Sponsors, Trustees, Directors, officers, employees, volunteers, and agents, (for purposes herein all referred to as RELEASEES), from and for all liability to me, my personal representatives, assigns, heirs and next of kin or the minor child, for all loss or damages, and any claim or demands therefore, on account of injury to the person or property or resulting in death, whether caused by the negligence of Releasees or otherwise and/or from the use of the facilities by me or the minor while in, on, upon or in transit to or from the College, or any adjunct to the Event; and I HEREBY AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage or cost they may incur due to participation in the Event and the use of the facilities, the negligence of Releasees, or otherwise. I expressly agree that the foregoing Release, Waiver of Liability, and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the laws of the Commonwealth of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I warrant the following statements are true and correct and understand that the Releasees have relied on them in entering into the foregoing Release, Waiver and Indemnity Agreement and in giving me permission to enter onto the College and to use the facilities. No oral representations, statements or inducements apart from the foregoing written agreement have been made. I assume full responsibility and risk of

bodily injury, death, or property damage due to negligence of Releasees or otherwise in the use of the facilities. I understand and agree that Releasees exclude any implied warranties of merchantability and fitness for products and equipment presented for use by Releasees.

### ZUMBA WAIVER OF LIABILITY

For and in consideration of Zumba Fitness, LLC ("Zumba") permitting the participant to enroll and participate in the Zumba Event ("Event"), Participant, by signing below, hereby voluntarily indemnifies, releases from liability, and holds harmless Zumba, the Zumba Educational Specialist (ZES), the facility for any accident, injury, illness, death, loss, damage to person or property, or other consequences suffered by Participant or any other person arising or resulting directly or indirectly from Participant's participation in the event. In the event that Participant is injured, Participant agrees to assume any financial obligation, either through Participant's personal health insurance, or through some other means, for any medical costs which Participant incurs. Zumba assumes no responsibility for any medical expenses, injury, or damage suffered by Participant in connection with the use of any facilities or services in connection with the Activity. IT IS THE INTENTION OF PARTICIPANT BY SIGNING BELOW TO EXPRESSLY ASSUME ALL RISK OF PERSONAL INJURY, DEATH, OR PROPERTY DAMAGE UPON HIM/HERSELF, TO THE EXCLUSION OF ZUMBA AND TO EXEMPT AND RELIEVE ZUMBA FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH. Participant further agrees that Participant, his/her spouse, assignees, heirs, guardians, and legal representatives will not make any claim against, sue or attach Zumba for any loss or damage resulting from Participant's participation in the Activity. PARTICIPANT IS AWARE OF THE POTENTIAL DANGERS INCIDENTAL TO ENGAGING IN THE FITNESS ACTIVITIES IN THE EVENT. PARTICIPANT AGREES THAT THIS IS A RELEASE OF LIABILITY, A WAIVER OF THE PARTICIPANT'S LEGAL RIGHT TO COLLECT DAMAGES IN THE EVENT OF INJURY, DEATH OR PROPERTY DAMAGE AND A CONTRACT BETWEEN PARTICIPANT AND ZUMBA AND PARTICIPANT SIGNS IT OF HIS/HER OWN FREE WILL. My signature above also acknowledges my agreement that I may be videotaped, audio recorded and/or photographed during the Zumba event, and Zumba may use and modify the images and/or recordings for any and all uses, including but not limited to advertisements and marketing without any compensation and in perpetuity. I HAVE READ AND VOLUNTARILY SIGN THE 5k Run/Walk RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT AND THE ZUMBA WAIVER OF LIABILITY.

**Acceptance: I have read and accept this waiver.**

**Signature:** \_\_\_\_\_ **Print Name** \_\_\_\_\_