



Lily's Loop

Run, Walk or Stroll

Saturday, October 12th, 2019

5K Run/Walk & 1K Stroll

Registration at 8am/Event Begins at 9am

Run is Timed by Pretzel City Sports

Valley Preferred Cycling Center
(The Velodrome)

1151 Mosser Rd., Breinigsville, PA

Proceeds Benefit:



Sponsored By:



For More Information about the Event or Lily's Hope: www.LilysHopeFoundation.org, Info@LilysHopeFoundation.org or 267-776-HOPE

Lily's Hope Foundation is a 501(c)(3) non profit organization that provides resources, aid, and hope to preemies and their families. All funds raised from this event will go directly to supporting those families. Since the Foundation was started in 2013, we have supported over 1,900 Families in the Lehigh Valley and across 46 States. We support NICU Families as referred to us by word of mouth, and from Hospitals in Pennsylvania, New Jersey and North Carolina.

About the Course:

Lily's Loop is a unique 5K course. The 5K Run/Walk will Start and Finish on the Track inside the Valley Preferred Cycling Center. Mid-race will take you outside the center onto a scenic paved loop through the park across the street at Rodale Park. The 1K course consists of 3 laps on the apron/track of the Velodrome and is stroller and wheelchair accessible. Dogs welcome, but must be leashed.

Schedule:

- Breakfast, Snacks, Race Day Registration, Race Warm-Up, and Lily's Hope Foundation Presentation Starts at 8am
- 5K Run/Walk & 1K Walk Start at 9:00am
- Awards, Music, Games & Prizes immediately following race

5K Run/Walk Awards:

- Overall Male & Female Finishers
- Overall Male & Female Master Finishers (40 & Over)
- Top 3 Male & Female Finishers in Each Age Group

5K Run/Walk & 1K Walk Fees:

Adults: \$25 before 9/28, \$35 after
Under 13: \$15 before 9/28, \$25 after

5K Run/Walk Age Groups:

19 & Under	20-29	30-39
40-49	50-59	60-69 70+

Professionally Timed by Pretzel City Sports

Race Results will be posted on www.pretzelcitysports.com

(Remember: Pin your Bib to the FRONT of your shirt. Leave the bottom tear-off portion UNPINNED so it can be removed quickly at the finish line!)

Name: _____ Team Name: _____ Age: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone #: _____ Email: _____
 Please Circle: 5K Runner / 5K Walker / 1K Walker Male / Female / Child
 Amount Enclosed: _____ Additional Donation toward Lily's Hope: _____

T-shirt Size (circle one)
 Adult: S M L XL XXL
 Youth: XS S M L XL

Want to help and raise more money? Create your own team? Register Online!

Mail Form to: Lily's Hope Foundation, 1148 S. Cedar Crest Blvd., Lower Level, Allentown PA 18103

Contact and/or Questions: Info@LilysHopeFoundation.org or 267-776-HOPE

Checks Payable to **Lily's Hope Foundation**

www.lilyshopefoundation.org/lilys-loop

T-shirts to all Participants registered by Sept 28th. After that date shirts, while supplies last.

WAIVER/RELEASE: For myself and/or my minor child, my or my minor child's heirs, executors, administrators, legal representatives, assignees, and/or successors in interest (collectively, "Successors"), I hereby assume all risks associated with participation in the 5K, and I AGREE TO INDEMNIFY, HOLD HARMLESS, AND RELEASE FROM ANY AND ALL LIABILITY LILY'S HOPE FOUNDATION AND ITS AGENTS, REPRESENTATIVES, SUCCESSORS, ASSIGNS, EMPLOYEES, MEMBERS, BOARD MEMBERS, SPONSORS, INSURANCE PROVIDERS, PROMOTERS, ORGANIZERS, VOLUNTEERS, and AFFILIATES (collectively, "Releasees") FROM ANY AND ALL LIABILITY AND CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASEES' OWN NEGLIGENCE, which I or my Successors have or which may hereafter accrue to me, or to my estate, arising out of or in any way related to my participation in the 5K.

MEDIA WAIVER/ RELEASE: I hereby consent to and authorize the use and reproduction by Lily's Hope Foundation of my image; any and all photographs, video, or audio recordings taken in which my image or voice appears; and any written statements or testimonials which contain my words, my story and/or my name for any and all purposes including, but not limited to, publicity, marketing, and fundraising. I hereby waive all right to approval, compensation, credit or other consideration for such photographs, video, audio recordings, written statements or testimonials. I further waive any right to inspect or approve any photographs, video, audio recordings, written statements or testimonials taken by Lily's Hope Foundation or the person or entity designated to do so by Lily's Hope Foundation. I further agree to release Lily's Hope Foundation of all liability in conjunction with the use of such photographs, video, audio recordings, written statements or testimonials. **SIGNATURE** _____

REGISTER ONLINE at www.PretzelCitySports.com/Online-Registration/
 (Nominal service fee applies, closes at midnight, October 9th)