



# RACE 4 LINDA 5K AGAINST SCLERODERMA & 1 MILE FUN WALK

Saturday, April 18, 2020 in Hershey, PA

*A day of exercise, education and fun!*

Proceeds benefit the Scleroderma Foundation Delaware Valley Chapter (SFDV)  
385 Kings Highway North, Cherry Hill, NJ 08034 | 856-779-7225 | [sfdv.org](http://sfdv.org)

## ON-SITE REGISTRATION

Milton Hershey School Campus  
Henry Hershey Field  
635 Brook Drive, Hershey, PA, 17033.



Registration begins at 7:30 AM. Race begins at 9:00 AM.

**COURSE:** 5K and 1 mile walk, paved trail run on the beautiful grounds of the Milton Hershey School Campus.

**AMENITIES:** T-shirt to all who register by April 3, afterwards and including race day, shirts available while supplies last. Refreshments for finishers, indoor restrooms, plenty of parking, time clock at finish, and instant results.

Join us after the race for Blazing Swine BBQ, live music, and a raffle. Held rain or shine. No refunds or mailed awards. Results posted at [race4linda.com](http://race4linda.com) and [pretzelcitysports.com](http://pretzelcitysports.com) within 48 hours.

**AWARDS:** Award TBD for the top male and female finisher. Check our website closer to the race date!  
Awards for the top 3 males and 3 females: 14 & under, 15- 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**5K RUN & 1 MILE WALK ENTRY:** \$25 early bird discount if postmarked by April 3; \$30 after April 3 and day of race. One free raffle ticket per entry. Online Registration Available at [race4linda.com](http://race4linda.com) or [pretzelcitysports.com/online-registration/](http://pretzelcitysports.com/online-registration/) (Nominal service fee applies, closes at 11:59 PM, Wednesday, April 15, 2020.)

**MORE INFORMATION:** Visit [race4linda.com](http://race4linda.com), like us on Facebook, and email us at [race4linda5k@gmail.com](mailto:race4linda5k@gmail.com).  
Visit [www.sfdv.org](http://www.sfdv.org) for more information about Scleroderma.

**MAIL CHECK PAYABLE TO "SFDV" (Scleroderma Foundation, Delaware Valley Chapter) & FORM BELOW TO:**

**Megan Hayman-Rau, Race 4 Linda, 1295 Gingrich Rd., Middletown, PA 17057**

RACE DIRECTOR: Megan Hayman-Rau, [race4linda5k@gmail.com](mailto:race4linda5k@gmail.com), [race4linda.com](http://race4linda.com)

-----  
**REGISTRATION FORM: 7<sup>TH</sup> ANNUAL RACE 4 LINDA: 5K AGAINST SCLERODERMA & 1 MILE FUN WALK**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Race Day Age: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Race (circle one): 5K 1 MILE WALK Sex: M F

Shirt Size (circle one): S M L XL 2XL Email \_\_\_\_\_

Already Getting Emails from Race 4 Linda? \_\_\_\_\_ Yes \_\_\_\_\_ No

WAIVER: I know that running a road race is a potentially 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 for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the 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 Pretzel City Sports, SFDV, Milton Hershey School, and any subcontractors 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 on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_\_