

Nam Knights Motorcycle Club Lehigh Valley PA Chapter Presents the 3rd Annual

# In the Line of Duty 5K

Run, Walk & Wheel

**Sunday, August 16, 2020 8:00 A.M Start**

*"Possibly Bethlehem's Flattest & Fastest Course"  
Professionally Timed by Pretzel City Sports*

**LOCATION:** Steel Stacks 101 Founders Way Bethlehem, PA 18015. Registration / number pickup opens at 6:30 a.m. 5k starts at 8:00 a.m. Clock at finish, instant results and refreshments. Rain or shine. No refunds or mailed awards.

**RACE BENEFITS:** Bethlehem Police Department Motorcycle Patrol and K-9 Units.

**COURSE:** Moderately flat, wheel measured professionally timed course on city streets around the south side of Bethlehem.

**AWARDS:** Separate awards for the overall top three male and female finishers plus the following age groups: 14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F

**BASIC ENTRY:** 5k Run: \$25 if postmarked by Friday, August 7, 2020 guarantees a short sleeve t-shirt. After August 7<sup>th</sup> and on race day entry fee is \$30, T-shirts available while supplies last!

Optional Online Registration available at:

<https://www.pretzelcitysports.com>

(Nominal service fee applies, closes at midnight, the Wednesday before race day.)

**PARKING:** Steel Stacks / Arts Quest parking lots are open and free of charge. **IF YOU NEED TO LEAVE PRIOR TO END OF RUN PLEASE USE STREET PARKING.**

**RACE DIRECTOR:** RJ, 610-972-5585 or email me at [rjshenyo@hotmail.com](mailto:rjshenyo@hotmail.com). More info at [www.NamKnights-LVPA.org](http://www.NamKnights-LVPA.org)

**MAKE CHECK PAYABLE TO: "Nam Knights Lehigh Valley"**

**MAIL CHECK& FORM BELOW TO: Pretzel City Sports**

112 W. 36<sup>th</sup> St

Reading, PA 19606

Last name \_\_\_\_\_ First name \_\_\_\_\_

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

Circle one: 5K Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

Already getting Pretzel City emails regularly? 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 affects 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, NAM KNIGHTS LEHIGH VALLEY, 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). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, 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, legal guardian must sign)

Signature \_\_\_\_\_

date \_\_\_\_ / \_\_\_\_ / 20 \_\_\_\_