

4th Annual
LLS/Team Decker 5K Walk/Run
Saturday, October 10, 2020- 9 AM

All race proceeds benefit the Lehigh Valley Chapter of the Leukemia and Lymphoma Society (LLS). Team Decker will hopefully be running the Disney World Half Marathon on January 9, 2021 for this worthy cause.(Covid dependent). Original date for the event was June 20, 2020 but postponed until this date because of the Covid pandemic. Extra Covid precautions will be in place for registration/packet pickup, refreshments and awards presentation. Sponsored by St. Luke's University Hospital Network and St. Luke's Sports Medicine

Location/Registration: Start and finish at Notre Dame HS @ Green Pond 3417 Church Rd. Easton, PA 18045.
Registration and packet pick up starts at 7:30 AM outside the Notre Dame Annex Building

Course: Flat and fast on roads closed for the race. Slight downhill start and finish.
Time trial course for NDHS Cross Country team. Great place to PR!

Awards: 5K – Overall Male & Female winner and Top 3 Finishers in each age group, male and female.
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Amenities: T-Shirt to all pre-registrants of 5K Walk/Run. Pre-registration ends Sept. 26, 2020. Special LLS t-shirts will be on sale on race day. Credit card payment accepted for the special LLS t-shirts on race day.
Refreshments for finishers, indoor toilets, plenty of parking, time clock at finish.
Rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

Entry: 5K - \$25 for pre-registration received by Sept. 26, 2020. T-Shirt included with pre-registration.
Race registration is \$30 after Sept. 26 and including race day and doesn't include T-Shirt.

Optional Online Registration: www.pretzelcitysports.com
(Nominal service fee applies. Closes at midnight the Wednesday before the race)

Mail in registration must be received by October 7th. Mail checks payable to: LLS/Team Decker and completed form below to: LLS/Team Decker, 255 Presidential Drive, Bethlehem, PA 18020. Race Director: Eugene M. Decker 610-554-0446, doctorcoach87@aol.com

Last Name _____ **First Name** _____
Address _____ **City** _____ **State** _____ **Zip** _____
Sex: M F **Race day age:** _____ **DOB:** __/__/____
Shirt Size (circle one): S M L XL **Phone:** (____) _____ - _____ **AM or PM??**
Email (print clearly) _____

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 of 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 you 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, LLS/Team Decker and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and a; 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 and LLS/Team Decker to use any pictures or likenesses of me secured at the event of any 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____

