

LCCC Foundation

Virtual Fall Fitness Fest 5K

October 17-24

LOCATION: Anywhere! In your neighborhood, a local track, a hiking trail. The Fall Fitness Fest 5K is a virtual event, so you decide how far you go, where you go, and when you go during our event week (October 17-24, 2020).

COURSE: Anything you create! 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track. Only 16,473 ft. For assistance in creating a route, visit USA Track & Field's website, click on Map My Route and create your own 5K course in your neighborhood, then track your time. Or try [strava.com/features](https://www.strava.com/features) to map your route.

RUN YOUR 5K: Complete your 5K run or walk between 7 a.m. Oct. 17 and ending at 5 p.m. on Oct. 24.

RESULTS: Complete 3.12 miles (5K), record your time. Your results must be sent to us by email at: foundation@lccc.edu. You must submit your time by Sunday, Oct. 25 at 6 p.m.

- **Results should be formatted as follows:** Hr:Minute:Sec along with your full Name, City/Town, State, Gender and Age no later than Sunday October 25th at 6 p.m. to have your results be included in the final Virtual Race Results.

REASON TO PARTICIPATE: This event is geared to motivate you, friends, family, LCCC students, alumni and the community. In 2019, we raised over \$19,000. Proceeds for the 2020 Virtual 5K will support the LCCC Foundation COVID-19 Student Emergency Fund to address student needs during this crisis, including technology (laptops), housing, food, childcare and emergency needs.

ENTRY: \$25 Per Participant (Open to the public)
\$10 Alumni
\$5 Students (Ages 12 and up. Includes college student with ID)

First 100 registrations receive a neck gaiter. Upon registration and payment we will mail you your gaiter.

PAYMENT

Make Check Payable to: LCCC Foundation

Mail Check & Form Below to: 4525 Education Park Drive, Schnecksville, PA 18078

Questions: Contact Jane Wilchak at jwilchak@lccc.edu

Optional Online Registration Available at www.pretzelcitysports.com/online-registration (Nominal service fee applies, closes on Oct. 24. At 3:00 p.m..)

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Gender M F Race day age _____ Phone _____ Email (print clearly): _____

WAIVER: I know that running/walking a virtual 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 might 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 LCCC Foundation, Pretzel City Sports, 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__

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