



Oct. 22-29, 2022

- REASON TO PARTICIPATE:** Our Fall Fitness Fest benefits LCCC’s Cougar Cabinet food pantry to ensure that our students have access to food in a safe, supportive environment. Please consider joining us for our Fall Fitness Fest taking place on Saturday, October 29, 2022, and step into action for a day dedicated to fitness, health and wellness. All proceeds from the event will support the LCCC Foundation Cougar Food Pantry and financial assistance for tuition, books, childcare and living expenses.
- LIVE LOCATION:** Lehigh Carbon Community College - 4525 Education Park Drive, Schnecksville, PA 18078. Race Day registration opens at 7:30 a.m. 5K walk or run starts at 9:00 a.m. / 10K run starts at 9:10 a.m. Prizes will only be awarded in our live event.
- VIRTUAL OPTION:** Create your own 5K/10K course (5K = 3.12 miles. 10K = 6.2 miles). For assistance in creating a route, visit [USA Track & Field’s](https://www.usatf.org/) website, click on Map My Route and create your own 5/10K course. Your course, your time! Complete your 5/10K run or walk between 7 a.m. on Saturday, Oct. 22, and 12 p.m. on Saturday, Oct. 29. Use your fitbit or try [strava.com/features](https://www.strava.com/features/runkeeper) or Runkeeper to record your time and distance. After you complete your 5K/10K, download your recorded time. Send results to foundation@lccc.edu no later than Sunday, Oct. 30, at 6 p.m. Results should include: Hr:Minute:Sec along with your full name, city/town and state. Good luck! Together we can do this!
- LIVE OR VIRTUAL ENTRY:** **Open to the public:**
 \$25 per participant
 \$5 students (ages 12 and up, includes college students with ID), alumni, military

First 100 combined live and virtual participants for the 5/10K will receive a gift after registering. Pick-up will be at LCCC, Room 112, Student Services Center, 4525 Education Park Drive, Schnecksville, 8 a.m. to 5 p.m., two weeks prior to the scheduled dates. Gifts can be picked up or mailed.

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

Register at <https://bit.ly/lcccfallfest22>

Fall Fitness Fest 5/10K Live and Virtual Races registration close on Saturday, Oct. 29, at 9 a.m.

Event (circle one) LIVE: 5K 10K OR VIRTUAL: 5K 10K If I qualify for a Free Gift I will (circle one): PICK-UP or MAIL

Age on Race Day _____ **(10/29/2022) Gender: M F**

First name _____ **Last name** _____

Address _____ **City** _____ **State** _____ **Zip** _____

Phone _____ **Email** _____

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 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 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__