



Week of October 17 Through 24, 2020

- 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.
- 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:** 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. Your course, your time!
- RUN YOUR 5K:** Complete your 5K run or walk between 7 a.m. Oct. 17 and ending at 5 p.m. on Oct. 24. Use your fitbit or try strava.com/features or Runkeeper to record your time and distance.
- RESULTS:** Complete your 5K, download your recorded time. Your results must be sent to us by email to foundation@lccc.edu no later than Sunday, Oct. 25 at 6 p.m. Results should include: Hr:Minute:Sec along with your full Name, City/Town, State, Gender and Age. GOOD LUCK!
- ENTRY:** Open to the public
\$25 Per Participant
\$10 Alumni
\$5 Students (Ages 12 and up. Includes college student with ID)

First 100 participants for the 5K will receive a T-shirt and neck gaiter after registering. Shirt and gaiter can be picked up at 4525 Education Park Dr., Schnecksville, PA 18078, Student Services Center, room 112 between 8 a.m. and 5 p.m. Pick them up now! Last day for pick up will be Friday, October 23. (No Saturday or Sunday)

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 online at www.pretzelcitysports.com/online-registration Closes on Oct. 24. At 3 p.m.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Gender M F Race day age _____ Phone _____ Email _____

T-shirt color ___Purple___ Lime Green___ T-shirt size ___S___ ___M___ ___L___ ___XL___ ___1XL___ ___2XL___

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____