



Larksvief
Foundation

Feed the Need 5K Walk/Run AND SUPERHERO FUN RUN Easton, PA

Saturday, May 22, 2021

9:00am 5K/10:00am Fun Run

WHO: Runners of all ages gather your family, friends and co-workers. Superhero Costumes are totally optional, but we encourage you to dress up and have fun! Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible. This is to raise money for children's nutritional programs in developing regions.

QUESTIONS: Contact Ellis, 484-221-0997 or ewilliams@lvf.email

WHERE: Hugh Moore Park and Canal Museum - 2750 Hugh Moore Park Rd, Easton PA 18042. Registration/number pickup at the Canal Museum entrance, starting at 7:30 am. This is a Beautiful, FAST, FLAT, TRAFFIC-FREE route.

5K ENTRY FEE: \$25 if registered by May 1st, \$30 after May 1st including race day. \$20 for 5K registrants 12 and under.

WHEN: Saturday, May 22, 2021
7:30 a.m. – Registration/Sign In begins
9:00 a.m.– 5K Run begins
10:00 a.m. – 1K Fun Run for Ages 12 & Under
Virtual race on your own time between May 1 and May 22.

T-SHIRTS: Only available to 5K participants (virtual and in person) who register by **May 1**. Size requests will be honored to the best of our ability. Available sizes: Youth S, M, L Adult S, M, L, XL

1K KID'S FUN RUN: \$5 ages 5-12, children 4 and under free. All children receive a superhero gift bag at finish line. Large playground and restrooms on site. Flat easy route and wheelchair accessible.
Costumes encouraged but not required. T-shirt not included.

DIRECTIONS: FROM U.S. ROUTE 22: Take the 25th Street exit and turn south at the end of the ramp. Follow 25th Street south approximately 1.5 miles, then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park.

VIRTUAL 5K: Please see Feedtheneed5K.org for details prior to registration. Official timing, cash prizes, and medals are not available to virtual participants. T-shirts will be mailed to US residents. \$20 entry fee.

FROM I-78: Take Route 33 north to Freemansburg Avenue. At the end of the ramp, turn right (east). Stay on Freemansburg to 25th Street (look for the Aldi store on your right). Turn right on 25th Street and go south approximately .5 miles, then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park. Follow the road for parking, picnic facilities and the canal boat. **ALL parking is free in the large lot before the gate. Registration will be located near the Canal Museum Entrance**

Optional Online Registration: Feedtheneed5K.org
(Nominal service fee applies, closes midnight, May 19th)

5K AWARDS: \$50 will be presented to overall male and female champions. Medals presented to top three male and female finishers in each of the following age brackets: 12 and under, 13-19 years, 20-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60- 64 years, and 1st place M/F in the 65-69 years and 70+ year age brackets.
COSTUME AWARDS: Medals to best girl, boy, woman and man.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: Feed the Need 5K Run/Walk Complete this portion. Detach and mail. Include \$25 early registration fee by May 1st.. After that \$30. **Virtual 5K** \$20 all participants **Kids Fun Run:** Children 4 & Under Free, Ages 5-12 \$5. T-Shirt not included. Checks payable to "Larksvief Foundation"

Name _____ Address _____
Please print
City _____ State _____ Zip _____ Age (on Race Day) _____ Shirt size: _____ 5K only rec. by May 1st
Gender: Male Female Event (circle one): 5K RUNNER 5K WALKER KID'S FUN RUN VIRTUAL 5K
Phone _____ E-mail address _____

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Larksvief Foundation, the City of Easton and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to Larksvief Foundation and mail to: Larksvief PO Box 715 Bangor, PA 18013