

5th Annual

LLS/Team Decker 5K Walk/Run & Tricky Tray

Saturday, June 19, 2021- 9 AM

All race and Trick Tray proceeds benefit the Lehigh Valley Chapter of the Leukemia and Lymphoma Society (LLS). Team Decker will also hopefully be running the Disney World Half Marathon on January 8, 2022 for blood cancer patients (Covid dependent). Extra Covid precautions will be in place for registration/packet pickup, refreshments, awards presentation and the Tricky Tray. All participants and spectators will be required to wear masks throughout the event. Runners and walkers are not required to wear masks while participating in the 5K walk/run.

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 is included if registered for 5K Walk/Run by June 5, 2021. Pre-registration ends June 5, 2021. 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. Tricky Tray raffle prizes from many local businesses and restaurants. Tricky Tray will start at 11 AM.

Entry: 5K - \$25 includes guaranteed T-shirt if pre-registration received by June 5, 2021. Race registration is \$30 after June 5, 2021 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 June 16, 2021. 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 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 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____

