

2nd Annual

Fight Against Colon Cancer

5k Run & 1 Mile Fun Run/Walk

Coplay, PA ** Sat., July 16, 2022 ** 9:00 A.M

IMPORTANT NOTE: there is a 350 person limit on entries due to state regulation and you MUST be masked the entire time at the race EXCEPT while running!

LOCATION: Saylor Park, 245 N. 2nd St., Coplay on the Ironton Rail-Trail.

REGISTRATION/NUMBER PICKUP: Opens at 8 AM, 1 Mile Run/Walk at 8:30 a.m., 5k at 9:00 a.m.

ENTRY: 5k: \$25 if postmarked by Thurs. June 30, 2022 incl. guaranteed t-shirt. Afterwards, incl. day of race, \$30 includes T-shirt while supplies last. \$25 when shirts are gone. 1M Fun Run: \$10 if postmarked by June 30th. Afterwards, inc. day of race, \$15. No shirt included for fun run, due to its reduced fee.

PERKS: Short sleeve T-shirt for all pre-registrants and post registrants while they last, clock & results board at finish, refreshments, instant results, times posted on internet, course with no traffic on it. 2 free tickets to raffle with a chance to buy more. Held rain or shine. No refunds. No mailed shirts or awards.

5K AWARDS: Separate awards for top male and female overall plus the top 3 M & F in:

0-18 19-29 30-39 40-49 50-59 60-69 70+

Optional Online Registration available at www.pretzelcitysports.com

(Nominal processing fee applies, closes at midnight, the Wed. of race week)

DIRECTIONS: North of Allentown, take Rt 145 North toward Coplay to the traffic light at Sheetz Gas Station, right onto Chestnut St., left onto W. Coplay St., right on Coplay Road, which becomes 2nd St. in Coplay. Trail crossing and parking lot at bottom of hill.

RACE DIRECTOR: Delores Chalmers, 760-716-1170 or email me at deloreschalmers2429@yahoo.com

MAKE CHECK PAYABLE TO "Delores Chalmers"

MAIL CHECK& FORM BELOW TO: Delores Chalmers, 776 Mohawk Street Allentown PA 18103

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

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 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 the race director, 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 the event and its subcontractors 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 ____/____/ 2022