

16<sup>TH</sup> ANNUAL

# RUN-WALK WITH THE HEROES



ALL PROCEEDS TO BENEFIT  
ST. LUKES TRAUMA "STOP THE BLEED" PROGRAM

SATURDAY  
MAY 21, 2022

St. Luke's Anderson Campus

872 St. Luke's Blvd. Easton, PA 18045

7am - Race Day Registration & Pick-up 7:30am - Kids Fun Run 8am - 5K Run 5K Walk 5K Challenge

Please Print

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex \_\_\_\_\_

Street Address \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

☐ I am a Trauma Survivor

Race event: ☐ Kids Fun Run ☐ 5K Run ☐ 5K Walk ☐ 5K Challenge

T-shirt size: ☐ small ☐ medium ☐ large ☐ extra-large

Entry Fees: \$25 pre-registered by May 1, 2022 and shirt guaranteed. \$30 after 5/1/2022 and shirt while supplies last!

Optional Online Registration at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (Closes midnight, the Wed before the race, nominal service fee applies.)

Otherwise make check payable to: St. Luke's Trauma Division or register online at [sluhn.org/traumaevents](http://sluhn.org/traumaevents).

Mail check and entry form to: Morgan Lukievics, 4010 Bigal Court, Bethlehem, PA 18020

## Waiver:

I know that running/ walking a road is a potentially hazardous activity. I should not enter this event to run/ walk unless I am medically stable and properly trained. I agree to abide by any division of a race official relative to my ability to safely complete this activity. I assume all risks associated with running/ walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including rain, heat, humidity, traffic and the conditions of the road and trails. All such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting by entry, I for myself and for anyone entitled to act on my behalf, waive and release St. Luke's University Health Network, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. This is both a road and trail race under the rules of RRCA and USATF. No partial or full refunds. Event will occur rain or shine..

Signature: (Parent or Guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

ALL ENTRANTS MUST SIGN WAIVER

Website: [sluhn.org/traumaevents](http://sluhn.org/traumaevents) | RACE DIRECTOR: Morgan Lukievics | Contact: P: 610-751-7514 E: [morgan.lukievics@gmail.com](mailto:morgan.lukievics@gmail.com)



### **5K Walk:**

For anyone wishing to walk the distance, there will be award for overall, 1st and 2nd place.

### **5K Run:**

For anyone wishing to run the distance, there will be and overall 1st and 2nd place award and also male and female age category awards.

### **5K Challenge:**

A twist on the 5K run by adding an additional physical challenge at each mile. There will be an overall 1st and 2nd award for finishing plus you will still qualify for all age group awards.

### **Packet pick up:**

Day of Race at St. Luke's Anderson Campus starting at 7am.

**StLuke's** TRAUMA



St. Luke's University Health Network's Trauma Center has embarked on a public health initiative called "Stop the Bleed" to help save lives that would otherwise be lost due to uncontrolled bleeding.

St. Luke's Stop the Bleed efforts are part of a national trauma initiative to train first responders and the public how to control bleeding in the event of an accident or injury and to improve the injured patient's chance of survival.

St. Luke's Stop the Bleed Initiative provides free trauma and bleeding prevention education to first responders, including police departments, schools and community organizations such as PTAs, Boy/Girl Scouts, civic groups and other non-profits. For information, visit [stlukesstopthebleed.org](http://stlukesstopthebleed.org).