



The 2nd Annual Mahoning Valley Volunteer Fire Co. No. 1 FIRE 5K & 1 MILE FUN WALK

With a portion of the proceeds to benefit



DYLAN and GAVIN's RAINBOW

Proudly Sponsored by



Your health deserves a partner.

Saturday, SEPT 17th, 2022 - 10 AM – Lehigh, Pennsylvania

"THE PAIN PASSES, BUT THE BEAUTY REMAINS."

LOCATION/REGISTRATION: Both start at 2358 Mahoning Drive WEST, Lehigh, PA 18235

Registration/number pickup on location starting at 8:30 AM. 5K starts at 10:00 AM 1M Community Walk at 11:30 AM

COURSE: What goes up must come down. Immerse yourself in the beauty and challenge of the up & down of varied countryside course over asphalt, gravel, and grass manicured paths thru farms of corn, hay & Christmas trees. Wheel measured. Roads will be closed. Walk on a closed fairly flat asphalt road approximately 1 mile split halfway there & back so all abilities & distance you are capable of.

AMENITIES: Preregistrants of 5K run and 1M Walk guarantees T-shirt & swag bag. Held in conjunction with our Celebration of Community event with family-oriented fun, food, games and music. Huge basket raffle. Nearby hiking, biking, rafting, shopping, camping & Beltzville State park. Held rain or shine. No refunds or mailed awards. Instant results & on www.pretzelcitysports.com in 1-2 days.

AWARDS: immediately after ONLY FOR LIVE participants Overall Male & Female winners plus: 13 & Under : 3M, 3F 14 - 19: 3M, 3F 20-29: 3M, 3F 30-39: 3M,3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F and 70+: 3M, 3F No walk awards but shirts & swag if preregister.

FUN PRIZES: Varied prizes for costumes, themes, teams, decorated kids wagons & baby strollers, best of show, etc. HAVE FUN.

ENTRY: For LIVE 5K or 1M walk \$25 if postmarked by SEPTEMBER 1st, 2022. Afterwards, inc. day of race \$30 with shirts/swag as available till sold out. VIRTUAL \$30 (for postage) or pick items up at fire station Monday, Sept 12th, 2022 between 6-10 PM.

BOTH RUN & WALK KIDS 13&under FREE or donation of your choice (kids event gift included but not a tshirt)

DIRECTIONS: EASY just off Route 443 farmlands between LEHIGHTON & TAMAQUA. COAL REGION, POCONOS near JIM THORPE.

RACE DIRECTOR: Kaylyn Ahner EMAIL: Ahnerkaylyn@yahoo.com WEBSITE: www.MVFC.org or find us on FB

Online Registration Live or Virtual Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

OR MAIL CHECK & FORM BELOW TO: MV Fire 5K 2358 Mahoning Dr West Lehigh, PA 18235

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Event (circle one): 5K RUN or 1Mile WALK or VIRTUAL Sex: M F Phone: (____) _____ AM or PM?

Shirt Size (circle one): S M L XL or KIDS gift Email _____@_____

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 Pretzel City Sports, Mahoning Valley Vol. Fire Co. No. 1 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 20__