

The Colonial Regional Police Auxiliary Presents  
**Jennifer D. Hendershot Memorial 5k Run**  
**& 3k Dog Walk**  
**Saturday April 29th, 2023 8am Bethlehem, PA**

**LOCATION:** The Hanover Township Community Park 3660 Jacksonville Rd Bethlehem, PA Regist./ number pickup opens at 7:00 a.m. 5k starts at 8:00am 3k dog walk 8:15am

**Run COURSE:** FLAT municipal run through residential development!  
Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.

**DOG WALK:**course goes through residential development. Dogs must be on a leash at all times. This is an untimed non-competitive event.

**5K AWARDS:** Trophies for the first Overall Male and Female plus Age groups: male & female 18&under, m&f 18-45 and m&f over 45

**ENTRY:** 5k: \$35 / 3k Dog Walk: \$30

Optional Online Registration available at [bit.ly/jenhendershot5k](https://bit.ly/jenhendershot5k)

**DIRECTIONS FROM EAST or WEST:** Take 22 to 512/Center St Make right off of ramp and follow to the intersection of Stoke Park Rd. Left onto Stoke Park Rd travel .5 mile to the traffic light of Jacksonville Rd. Right onto Jacksonville. Municipal Complex is .25 miles on the right

**DIRECTIONS FROM North:** Travel 512 S to the intersection of Stoke Park Rd Tuen right and follow to Jacksonville Rd. See above **FROM South:**Rt 378 to 22E to 512/Center St. See above

**RACE DIRECTOR:** Dawn Enstrom 484-903-1264 [dawnenstrom@gmail.com](mailto:dawnenstrom@gmail.com)

**MAKE CHECK PAYABLE TO Colonial Regional Police Auxiliary**  
**MAIL CHECK& FORM BELOW TO:** Dawn Enstrom 3404 Westminster Way Nazareth. PA 18064

Last name \_\_\_\_\_ First name \_\_\_\_\_

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

Circle one: 5K 3K Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_

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 Pretzel City Sports, Colonial Regional Police Auxiliary, 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 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 \_\_\_\_/\_\_\_\_/ 20\_\_