

# 17<sup>TH</sup> ANNUAL RUN-WALK WITH THE HEROES

ALL PROCEEDS TO BENEFIT  
ST. LUKE'S TRAUMA INJURY PREVENTION PROGRAM

**SATURDAY**

**MAY 20, 2023**

**St. Luke's Anderson Campus**

1872 St. Luke's Blvd. | Easton, PA 18045

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

*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

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

**Entry Fees:** \$25 pre-registered by May 1, 2023 and shirt guaranteed. | \$30 after 5/1/2023 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:** Trauma Department, 801 Ostrum Street, Bethlehem, PA 18015

## **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**



# PENNSYLVANIA'S Largest Trauma Network

## ***Kids Fun Run:***

A .25 mile loop around the pond at St Luke's Anderson for children 13 and under, no fee, just for fun!

## ***5K Walk:***

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

## ***5K Run:***

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

## ***Packet pick up:***

Day of Race at St. Luke's Anderson Campus starting at 7am.  
Each registrant will receive a cotton short sleeve T-shirt.

All proceeds from this event will support St. Luke's Trauma Injury Prevention program. St. Luke's Trauma Department provides many injury prevention programs and resources to our community, including:

- Safely Seated Car Seat/ Booster Seat Program
- Car Seat Clinics
- Bike Helmet Program
- ThinkFirst
- Every 15 Minutes
- Impact Teen Drivers
- A Matter of Balance
- Stop the Bleed
- And Other Trauma Injury Prevention Materials