



LEHIGH PARKWAY ULTRA

SOLO ■ 50K ■ TEAM

JOIN US for the FIRST-EVER ultramarathon in the Lehigh Valley!

Our course through the beautiful Lehigh Parkway is relatively flat and fast by ultrarunning standards, with a soft and very runnable crushed gravel surface for the majority of every 10K loop. A generous 10 hour time limit and a loop course with access to aid stations every few miles makes this race perfect for a first 50K — or for setting a new PR at this distance. And if you're not up for the whole challenge but you can run at least 10K, then grab some runner friends for a relay team and cheer each other on throughout the day! Runners will pass under 182-year-old Bogert's Bridge, one of the oldest covered bridges in the U.S. and the inspiration for our race logo.

DATE: Saturday, September 16, 2023

WHERE: Lehigh Parkway, LVRR Clubhouse
1696 Park Dr, Allentown, PA 18103

DISTANCE: 50K - Solo & Team categories

RACE DAY CHECK-IN: 7-7:45 am, LVRR Clubhouse

START TIME: 8 am

TIME LIMIT: 10 hours

50K SOLO: Must be 18 or older to participate
\$65 (Before May 13)
\$70 (May 14 - August 31)
\$75 (September 1 - 13)

50K RELAYS: Relay team members must be 15 or older
Minimum of 3 runners / Maximum of 5 runners per team
Coed relays must have at least 1 person of opposite gender on 3-person & 4-person teams, and 2 members of opposite gender on 5-person teams
\$40 per relay runner / \$200 per 5-person team

AWARDS: Top 3 Male & Female Overall + Top 3 Male & Female in age groups 18-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ (Solo category)
Top Male, Female, & Coed (Team category - ONLY 5-person relay teams are eligible for awards)

SWAG: All participants receive a soft 3/4-sleeve raglan baseball tee featuring our race logo. Shirt sizes: Small, Medium, Large, X-Large.

REGISTRATION: ONLINE REGISTRATION ONLY / NO RACE DAY REGISTRATION. Register online at www.pretzelcitysports.com (nominal service fee applies; closes at midnight on Wed, Sept 13, 2023). **Scan the QR code below to go directly to race signup page.** We must have a minimum of 50 entrants to host the race. In the unlikely event the 2023 race is postponed and/or cancelled, all entry fees will be held and applied to the newly scheduled 2024 race dates. If you are unable to make the 2024 race dates, you may request a 100% refund within two weeks of the postponement/cancellation announcement. All payments will be refunded to the credit card you used to pay your entry fee. Maximum number of entrants is 150.

QUESTIONS: Email ultra@lvrr.org



REGISTER ONLINE
Scan this QR code
with your phone

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