

7th Annual

Team Decker/LLS 5K Walk/Run & Tricky Tray

Saturday, October 21, 2023- 9 AM

All race and Trick Tray proceeds benefit the Lehigh Valley Chapter of the Leukemia and Lymphoma Society (LLS) and blood cancer patients. Team Decker will also be running in the Disney World Marathon series of races (5K,10K, Half Marathon, and Marathon held at Disney World from January 5-7, 2024 in support of this blood cancer cause.

Sponsored by St. Luke’s University Hospital Network and St. Jane’s CYO

Location/Registration: Start and finish at Notre Dame HS @ Green Pond 3417 Church Rd. Easton, PA 18045.
Registration and packet pick up starts at 7:30 AM outside the Notre Dame Annex Building

Course: Flat and fast on roads closed for the race. Slight downhill start and finish.
Time trial course for NDHS Cross Country team. Great place to PR!

Awards: 5K – Overall Male & Female winner and Top 3 Finishers in each age group, male and female.
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Amenities: T-Shirt is included if registered for 5K Walk/Run by October 7, 2023. Pre-registration ends October 7, 2023. Special LLS t-shirts will be on sale on race day. Credit card payment accepted for the special LLS t-shirts on race day.

Refreshments for finishers, indoor toilets, plenty of parking, time clock at finish.

Rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

Tricky Tray prizes from many local businesses and restaurants. Over \$4000.00 in value. Tricky Tray will start at 11 AM.
Brief special photo session for blood cancer survivors and their families just before the Tricky Tray Auction.

Entry: 5K - \$30 includes guaranteed T-shirt if pre-registration received by October 7, 2023.

Race registration is \$35 after October 7, 2023 and including race day and doesn’t include T-Shirt.

Optional Online Registration: www.pretzelcitysports.com

(Nominal service fee applies. Closes at midnight the Wednesday before the race) Mail in registration must be received by October 14, 2023. Mail checks payable to: Team Decker/LLS and completed form below to: Team Decker/LLS, 255 Presidential Drive, Bethlehem, PA 18020. Race Director: Eugene M. Decker 610-554-0446, Doctorcoach87@aol.com

Team Decker has a secure website for direct LLS donations,

<https://pages.lls.org/tnt/lv/wdw24/teamdecker>

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____ DOB: __/__/__

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 of 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 effects 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 you 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, Team Decker/LLS and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and a;; 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 and Team Decker/LLS to use any pictures or likenesses of me secured at the event of any 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____