

# The Northern Lebanon Viking Foundation & Northern Lebanon Cross Country present the First Annual

## Vikes & Vets 5K & Fun Run Saturday, November 11th, 2023



**Location:** Northern Lebanon High School  
345 School Dr, Fredericksburg, PA 17026

**Course:** A hilly mix of trails, grass, and macadam utilizing portions of NL's XC course. Rain or shine. Light refreshments for runners after the race. Fun run will be approximately 1000 meters on a mix of macadam and grass.

**5K Awards:** Top Male & Female Overall, Top Male & Female NL Alumni, Top Male & Female Military, and Top Male & Female in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**5K Entry Fee:** \$30 if registered by October 15th, includes long sleeve technical tee. \$35 after October 15th, shirt not guaranteed.

**Fun Run Entry Fee:** Kids 12 & under only. \$5 without shirt. \$10 with shirt when registered by October 15th.

Scan the QR code to download additional entry forms.

For questions, call or email Lauren Bruce at (717)865-2117 x2612 lbruce@norleb.k12.pa.us



**Packet Pick Up:** Friday, November 10th, 3-4 PM  
or Race Day 9 - 9:45 AM NL Stadium Field House

**5K Start Time:** 10 AM

**Fun Run Start Time:** 10:45 AM  
Awards following the 5K race.

Bring the family and stay after the race to purchase food from local food trucks starting at 10:30 AM!

Name: \_\_\_\_\_ Age (on race day): - \_\_\_\_\_

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

Gender: Male Female NL Alumni: Yes No If Yes, year graduated: \_\_\_\_\_ Active/Retired Military: Yes No

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Event (circle one): 5k Run \$30/\$35 Kids Fun Run (no t-shirt) \$5 Kids Fun Run (with t-shirt) \$10

Shirt Size (circle one:) Adult S M L XL 2XL Youth S M L (Shirt only guaranteed before 10/15/23)

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to the Northern Lebanon Viking Foundation, Northern Lebanon School District, and NLXC, and those in their employ and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road, grass, and trail surfaces; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature: \_\_\_\_\_ Date: - \_\_\_\_\_

*(Parent or guardian signature if under 18 years of age on race day.)*

Please make checks payable to "NL Viking Foundation" and mail to: Viking Foundation/Wendy Reardon  
345 School Dr, Fredericksburg, PA 17026