

5K Trail Race at the Lake!

at Lehigh County's Leaser Lake

Located in Kempton – near towns of Wanamakers & New Tripoli, PA

5th Annual Race Sponsored by the Kempton Lions Club

100% of Proceeds Will Fund Community Programs

Saturday, Sept 30th, 2023 @ 9:00am 5K Trail Run/Walk & 2K Walk (Kids Fun Run @ 8:30)

WHO: Runners/Walkers of all ages, bring family and friends!
2K Walkers will use the separate scenic west shoreline trail.

WHAT: 5K trail race, 2K trail walk (separate trail), Kids Fun Run.

WHERE: Start and Finish is at scenic Leaser Lake

8500 Follweiler Court, Kempton, PA 19529

Just north of Wanamakers, PA, at scenic Leaser Lake in western Lehigh County at the foot of Blue Mountain. The course will start in the western parking lot, cross the bridge across the dam, and cover trails on the eastern side before returning to the finish at the Lions Club accessible canoe and kayak launch.

WHEN: Saturday, September 30th, 2023

8:00 am Registration begins

8:30 am Kids Fun Run – approximately 0.3K (~300 yds) in length

9:00 am 5K Trail Run/Walk & 2K Walk

10:00 am Award presentation at finish line area

HOW: TO REGISTER, COMPLETE THE FORM BELOW.

RESULTS: Finish line and timing service by Pretzel City Sports.

Results will be posted on www.pretzelcitysports.com

1, 2, and 3 miles will be marked on course.

AWARDS: 5K awards presented to overall male and female finishers and top three (3) male and three (3) female finishers in each of the following age brackets: 14 & under, 15-19yrs, 20-29yrs, 30-39yrs, 40-49yrs, 50-59yrs, 60-69yrs, & 70+ yrs.

DIRECTIONS: Leaser Lake is located just north of Kings Highway (Route 143), between the villages of Jacksonville and Wanamakers. PA

Parking is available at:

West side of lake parking lot (start & finish area) –

GPS address is 8500 Follweiler Court, Kempton, PA 19529

REGISTRATION: Registration & start/finish line are located on the west side of the lake near the dam in the area of the handicap accessible canoe & kayak launch. Updates on Facebook [@KemptonPALionsClub](https://www.facebook.com/KemptonPALionsClub)

RACE DIRECTOR: Contact Frank Lyter with questions at

KemptonPaLions@gmail.com or (484) 857-7165

Leaser Lake 5K Trail Race – REGISTER ONLINE @ PRETZEL CITY SPORTS or COMPLETE THIS FORM FOR EACH PARTICIPANT

SELECT:	<input type="checkbox"/> 5K RUN/WALK	<input type="checkbox"/> 2K WALK	<input type="checkbox"/> KIDS FUN RUN	<input type="checkbox"/> DONATION to support Kempton Lions projects Thank you!
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Register by September 19th – INCLUDES T-SHIRT or STAINLESS Steel or ALUMINUM WATER BOTTLE

INDIVIDUAL ADULT	___ \$25 each
16 & under individual or scholastic team member with min. of 4 members* Scholastic Team Name: _____	___ \$20 each
Register after September 19 th thru race day – T-SHIRT & WATER BOTTLE AVAILABLE ONLY WHILE SUPPLIES LAST	
INDIVIDUAL ADULT	___ \$30 each
16 & under individual or scholastic team member with min. of 4 members* Scholastic Team Name: _____	___ \$25 each
Kids 12 & Under Fun Run. Does NOT include a T-shirt or Water Bottle unless paid option is selected	___ \$0 (no fee) ___ \$12

Online registration available at <https://www.pretzelcitysports.com/online-registration/> Closes at midnight, Wed. Sep 27th. Nominal service fee applies.

For mail-in registration, send checks payable to **Kempton Lions Club** to: **Kempton Lions Club Treasurer, 72 Mountain Rd, Kempton, PA 19529**

Name _____ Address _____

Please print

City _____ State _____ Zip _____ Phone _____

E-mail address _____ Age (on Race Day) _____ Male ___ Female ___

Check only one

Water Bottle

T-shirt size (circle one)

Adult: S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Kempton Lions Club, Lehigh County, 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 trail; 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 (Parent or guardian's signature if less than 18 years of age.): _____ Date _____