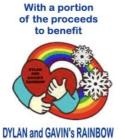


## Mahoning Valley Volunteer Fire Co. No. 1 FIRE 5K & 1 MILE FUN WALK

Lehigh Valley
Hospital-Carbon

Your health deserves a partner.



## Saturday, SEPT 16th, 2023 - 10 AM — Lehighton, Pennsylvania "THE PAIN PASSES, BUT THE BEAUTY REMAINS."

LOCATION/REGISTRATION: Both start at 2358 Mahoning Drive WEST, Lehighton, PA 18235

Registration/number pickup on location starting at 8:30 AM. 5K starts at 10:00 AM 1M Community Walk at 11:30 AM

<u>COURSE</u>: What goes up must come down. Immerse yourself in the beauty and challenge of the up & down of varied countryside course over asphalt, gravel, and grass manicured paths thru farms of corn, hay & Christmas trees. Wheel measured. Roads will be closed. Walk on a closed fairly flat asphalt road approximately 1 mile split halfway there & back so all abilities & distance you are capable of.

AMENITIES: Preregistrants of 5K run and 1M Walk guarantees T-shirt & swag bag. Held in conjunction with our Celebration of Community event with family-oriented fun, food, games and music. Huge basket raffle. Nearby hiking, biking, rafting, shopping, camping & Beltzville State park. Held rain or shine. No refunds or mailed awards. Instant results & on <a href="https://www.pretzelcitysports.com">www.pretzelcitysports.com</a> in 1-2 days.

AWARDS: immediately after ONLY FOR LIVE participants Overall Male & Female winners plus: 13 & Under: 3M, 3F 14-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M,3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F and 70+: 3M, 3F No walk awards but shirts & swag if preregister.

FUN PRIZES: Varied prizes for costumes, themes, teams, decorated kids wagons & baby strollers, best of show, etc. HAVE FUN.

ENTRY: For LIVE 5K or 1M walk \$25 if postmarked by SEPTEMBER 1st, 2023. Afterwards, inc. day of race \$30 with shirts/swag as available till sold out. VIRTUAL \$30 (for postage) or pick items up at fire station Monday, Sept 11<sup>th</sup>, 2023 between 6-10 PM.

BOTH RUN & WALK KIDS 13&under FREE or donation of your choice (kids event gift included but not a tshirt)

<u>DIRECTIONS</u>: EASY just off Route 443 farmlands between LEHIGHTON & TAMAQUA. COAL REGION, POCONOS near JIM THORPE.

OR MAIL CHECK & FORM BELOW TO: MV Fire 5K 2358 Mahoning Dr West Lehighton, PA 18235

RACE DIRECTOR: Kaylyn Ahner EMAIL: Ahnerkaylyn@yahoo.com WEBSITE: www.MVFC.org or find us on FB

Online Registration Live or Virtual Available at <a href="https://www.pretzelcitysports.com/online-registration/">https://www.pretzelcitysports.com/online-registration/</a> (Nominal service fee applies, closes at midnight, the Wednesday before race day)

Last name		First name		
Address				
City/State	Zip	Race day age:	Date of birth	
Event (circle one): 5K RUN or	1Mile WALK or VIRTU	AL Sex: M F Phone:	()	AM or PM?
Shirt Size (circle one): S M	L XL or KIDS gift	Email		
WAIVER: I know that running a road race is on the course and assume the risk for runnin, participants, the affects of the weather and th fee, I hereby for myself, my heirs, executo Mahoning Valley Vol. Fire Co. No. 1 and	g in traffic. I also assume any or all e e condition of the roads, all such risks rs, administrators or anyone else wh	other risks associated with running or at a being known and appreciated by me. It so might claim on my behalf, covenant	tending the race including but no Knowing these facts, and in const t not to sue, and waive, release	ot limited to falls, contact with of ideration of your accepting my e and discharge Pretzel City Sp

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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

date\_\_\_\_

signature\_