

18TH ANNUAL

# RUN WITH THE HEROES

5K WALK/RUN TO BENEFIT ST. LUKE'S TRAUMA INJURY PREVENTION PROGRAM

7am – Race Day Registration & Pick-up | 8am – 5K Run | 5K Walk

PLEASE PRINT

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex \_\_\_\_\_

Street Address \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I am a Trauma Survivor

Race event:  5K Run  5K Walk

T-shirt size:  small  medium  large  extra-large  youth medium  youth large

Entry Fees: \$25 pre-registered by May 1, 2024 and shirt guaranteed. | \$30 after 5/1/2024 and shirt while supplies last!

Optional Online Registration at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) (Closes midnight, the Wed before the race, nominal service fee applies.)

Otherwise make check payable to: **St. Luke's Trauma Division** or register online at [sluhn.org/traumaevents](http://sluhn.org/traumaevents).

Mail check and entry form to: **Trauma Department, 801 Ostrum Street, Bethlehem, PA 18015**

### Waiver:

I know that running/ walking a road is a potentially hazardous activity. I should not enter this event to run/ walk unless I am medically stable and properly trained. I agree to abide by any division of a race official relative to my ability to safely complete this activity. I assume all risks associated with running/ walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including rain, heat, humidity, traffic and the conditions of the road and trails. All such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting by entry, I for myself and for anyone entitled to act on my behalf, waive and release St. Luke's University Health Network, and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. This is both a road and trail race under the rules of RRCA and USATF. No partial or full refunds. Event will occur rain or shine..

Signature: (Parent or Guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

ALL ENTRANTS MUST SIGN WAIVER

SATURDAY, MAY 18 AT 8AM

ST. LUKE'S ANDERSON CAMPUS  
SPECIALTY | PAVILION1872 ST. LUKE'S BLVD. | EASTON, PA 18045

REGISTER ONLINE AT [WWW.PRETZELCITYSPORTS.COM](http://WWW.PRETZELCITYSPORTS.COM)

St Luke's  
Trauma Network

# PENNSYLVANIA'S Largest Trauma Network

## PACKET PICK UP:

Day of Race at St. Luke's Anderson Campus starting at 7am.  
Each registrant will receive a T-shirt.

## 5K RUN/WALK:

For anyone wishing to run or walk the distance, there will be an overall 1st and 2nd place award and also male and female age category awards including gift cards and custom event merchandise.

Refreshments will be available at the finish line. The terrain is a combination of loose gravel and paved surfaces.

---

All proceeds from this event will support St. Luke's Trauma Injury Prevention program. St. Luke's Trauma Department provides many injury prevention programs and resources to our community, including:

- Car Seat Clinics
- Bike Helmet Program
- ThinkFirst
- Every 15 Minutes
- Impact Teen Drivers
- A Matter of Balance
- Stop the Bleed
- Safely Seated Car Seat & Booster Seat Program
- And Other Trauma Injury Prevention Materials

**SATURDAY, MAY 18 AT 8AM**

**ST. LUKE'S ANDERSON CAMPUS**  
SPECIALTY | PAVILION 1872 ST. LUKE'S BLVD. | EASTON, PA 18045

REGISTER ONLINE AT [WWW.PRETZELCITYSPORTS.COM](http://WWW.PRETZELCITYSPORTS.COM)

**St Luke's**  
Trauma Network