

The Third Annual



SATURDAY, OCTOBER 12, 2024

to benefit **Viking Athletics and the Central City Project for the City of Allentown**

LOCATION: J. Birney Crum Stadium, (2027 Linden Street, Allentown, PA)
Registration / number pickup opens at 11:00am outside SW entrance of stadium

TIME: 5K starts at 12:30pm
1 Mile Fun Run/Walk starts at 12:00pm

FEATURES: Finisher’s Medal. Timed results, clock at finish. Rain or shine. No refunds or mailed awards.

5K AWARDS: First place Overall Male and Female plus Top 3 Finishers Male/Female in the following age groups.
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

FUN WALK/RUN: Open to All Ages

ENTRY: 5K: \$30 if registered by September 30 includes guaranteed shirt
*after September 30: \$35 and shirts available while supplies last
Fun Run: \$20 if registered by September does not include shirt or awards
*after September 30: \$25

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, October 9)

RACE DIRECTOR: Andrea Keenan, more info at www.viking5k.com or email acchsviking5k@gmail.com

MAKE CHECK PAYABLE TO “Allentown Central Catholic High School”

MAIL CHECK & FORM BELOW TO: Viking5K, ACCHS Athletics Department, 301 N. Fourth Street, Allentown PA 18102

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K Fun Run Sex: M F Race day age: _____ Date of birth ____/____/____

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 may be traffic on the course and assume the risk for 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 affects 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 your 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, Allentown Central Catholic High School, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all 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 to use any pictures or likenesses of me secured at the event in any way 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__