



Laughing at My Nightmare Presents:
The 14th Annual Run, Walk, and Roll 5k
June 6, 2026

www.laughingatmynightmare.com/5k

- **LOCATION:** ArtsQuest: 101 Founders Way Bethlehem PA 18015 Regist./ number pickup opens at 8:00 a.m. 5k starts promptly at 9:30 a.m.
- Every dollar raised helps LAMN continue to provide vital resources to the disability community!
- Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.
- **AWARDS:**
 - 5k: Separate awards for the male and female winners and runner-ups plus: 14 & under: 3M, 3F
15-19: 3M, 3F 20-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F
70+: 1M, 1F
- **ENTRY:** \$55 if postmarked by May 1st incl. guaranteed t-shirt. Afterwards, incl. race day, \$60
Optional Online Registration available at www.pretzelcitysports.com (Nominal processing fee applies, closes at midnight, the Wed. of race week)
- **MUST REGISTER BY 5/1/26 TO GUARANTEE A RACE SHIRT**
- **RACE DIRECTOR:** Sarah Burcaw, 610-462-5263 or email me at sarah@laughingatmynightmare.com
- **TEAM DISCOUNTS AVAILABLE.** If interested, email us at info@laughingatmynightmare.com to learn more BEFORE submitting this application.

MAKE CHECK PAYABLE TO "LAUGHING AT MY NIGHTMARE, INC"
MAIL CHECK & FORM BELOW TO: PO BOX 3398 BETHLEHEM, PA 18017

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race day age: _____

Date of birth _____ / _____ / _____

Shirt Size (circle one): S M L XL 2XL Phone: (_____) _____ A.M. or P.M.? circle one or both

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 will 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, Laughing at My Nightmare, Inc., 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 or 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 whatsoever, 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 _____