



Run Lehigh Valley Presents:  
**Lights in the Parkway 5K Run/Walk**  
 Wednesday December 4<sup>th</sup>, 2013 – 7:00 PM

**Location:** Lehigh Parkway, Allentown, PA

**Fees:** **13 and Older** - \$25 if registered by November 7, \$30 After  
**12 and Under** - \$10 if registered by November 7, \$15 After  
**No RACE DAY Registration Available – Space is limited**

**The Run:** The final run of the 2013 season will take place during the Lights in the Parkway! Enjoy the lights by foot! Together with the City of Allentown we are offering a 5K Run/Walk. The course will start and end at the top of the hill. More hilly than your typical Parkway run – let the beauty of the lights take your mind off the hills. There are parts of the course that are a little dark but the whole course is on a gravel or paved path. *We can not guarantee adequate light throughout the course, please plan accordingly.*

**The Goods:** Each runner receives a long sleeved shirt. We will have hot chocolate and cookies following the race (while supplies last) Shirts only guaranteed if registered by November 20

**Logistics:** Please visit our website: [www.runlehighvalley.com](http://www.runlehighvalley.com) to view parking directions

**Prizes:** The top male and female finisher will win custom race ornaments. Top 25 men/women will receive a 2013 Lights in the Parkway Race Ornament.

**Runner's Information:**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Male  Female Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

**Shirt Size: (Check One)**  Youth L  S  M  L  XL

*In consideration of your permitting me to participate in this event, on behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with the event, their heirs, executors, administrators, successors, and assigns, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose.*

Signature: \_\_\_\_\_

Parent's signature (if under 18)

Date: \_\_\_\_\_

**Mail to:**  
 Run Lehigh Valley  
 PO Box 123  
 Allentown, PA 18105