

Race Registration Form

7 miles at 7PM

\$25 By July 28th

\$30 After

Runner's Information:

Starting Bar Location: _____

First Name: _____

Last Name: _____

[] Male [] Female Date of Birth: _____

Address: _____

City: _____ State: _____

Zip: _____ Email: _____

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.

I have read & understand the above waiver.

Signature: _____

Date: _____

Please mail completed form with payment to:

Run Lehigh Valley
PO Box 123
Allentown, PA 18105

Make checks payable to "**Work to Live, LLC**"

Promo Code: 7m Web



Run Lehigh Valley is a series of themed races held across the valley. The goal of the RLV is to promote a fun and competitive running environment that appeals to both novices and experienced, competitive runners.

Points are awarded each race based on race performance and participation in the theme. Awards are given each race and at the end of season based on points. **At the end of the season – the top points-earner receives a vacation for two!**

- Points awarded for top overall performance (based on top 2% of runners)
- Points awarded by age group (Age groups are 19 and under, 20-29, 30-39, 40-49, 50-59, and 60+)
- Points awarded for theme participation

www.runlehighvalley.com

"Run, Fun, Run Repeat"

Run Lehigh Valley 2012 7 miles at 7PM

Saturday, August 11th, 2012
7 PM start time

Race Overview

The race begins and ends near the Road Runners Clubhouse in the Lehigh Parkway. The course will be rolling with a couple decent hills in the mix and will be held entirely within the park. There will be a mix of gravel and paved path/road.

The Goods: Each runner receives beer stein, snacks and goodie bags (while supplies last!) Gear is guaranteed if registered by August 13.

Run LV Points

Top 10% of overall finishers, Top 5 in each age group, Earn 5 points for bringing a backpack full of school supplies!

Fees

\$25 – by July 28th

\$30 – July 28th through Race Day

Prizes: Top male and female overall winners! Age group awards will be given 3-deep and **everyone** has a shot at the raffle prizes! **Must be present at awards ceremony to win.** The awards ceremony will take place as soon as possible following the last finisher.

Other fun stuff: A fast course and fun environment. Will have music there for entertainment and will have a cookout with burgers and dogs following the run. And if we can swing it, maybe a few free Michelob Ultras!