



# Run Lehigh Valley Presents: The Fast and The Flurry-ous 5K

## Sunday February 12<sup>th</sup> 9AM



**Location:** This is a road race near JBN within the business complex. It is a road race and will be open to cars.

**Fees:** \$20 if registered by January 29, \$25 After

**Race day registration/packet pickup:** 7:00 AM – 8:45 AM - At **Just Be Natural** (3864 Courtney Street, Bethlehem -- off 512 near Wegmans)

**The Goods:** Each runner receives a hat and gloves. (Guaranteed if registered by February 1.)

**Prizes:** Awards to top male and female finisher and age group awards will be given 3-deep. **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:** Beginning and ending at JBN we will have music and a fun atmosphere...plus JBN will be offering shakes to all participants following the event! Indoor restrooms!

**The Run:** The race begins and ends near the Just Be Natural retail location in Bethlehem. It will be a loop-style road race. Roads will be open to traffic but don't expect to see much on Sunday.

**Series Points:** – 1 point will be awarded for each school supply donated. Can earn up to 10 points for the event for donations.

**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 week and at the end of season based on points.

- 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](http://www.runlehighvalley.com)

### Runner's Information:

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

Parent's Signature if under 18 years of age:

\_\_\_\_\_ 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: F&F Web**