



Run Lehigh Valley 2012 – Run Like Hell Saturday, October 27, 2012 6PM Cedar Beach Park – Allentown, PA

Fees: \$25 if registered by October 13th, \$30 after

Race day registration/packet pickup: 5:00-5:45PM, Costume Contest at 5:45PM

The Goods: Each runner receives a long sleeve t-shirt, glow stick, 2 FREE Beers (for 21+) PIZZA and candy (while supplies last!) T-shirts are guaranteed if registered by October 11.

Race Overview: The runs is fast and flat, similar to the Mayfair course – but this time...in the dark! We will have lights at turns and bridges so if you get scared and don't think a glow stick will cut it – you may want to bring a headlamp. The course starts and ends near the playground at Cedar Beach and crosses over Ott Street twice to run the Cedar Creek Loop.

Prizes: Costume Contest!! Prizes awarded for funniest, scariest, most original and best group. Age group awards will be given 3-deep! *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: Music, Free beer, pizza, and costumes...free beer!

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.

Series points for the Run Like Hell 5K: – Top 10% of overall finishers, Top 3 in each age group, Earn 5 points for winning a costume contest and 2 points just for wearing one!

www.runlehighvalley.com

Runner's Information:

First Name: _____ Last Name: _____

Male Female Date of Birth: _____ Email: _____

Address: _____ City: _____ State: ___ Zip: _____

Shirt Size: (Check One) 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.

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: RLH web