



**Run Lehigh Valley 2012 – SportsFest 5K, Kids Fun Run
 Sunday, July 22nd, 2011 8 AM
 Lehigh Parkway – Allentown, PA**

Fees: \$20 if registered by July 1, \$25 after, \$10 for Kids Fun Run

Race day registration/packet pickup: 6:30 AM – 7:45 AM (Lehigh Parkway)

The Goods: Each runner receives a hat and water bottle, beverages, snacks and goodie bags (while supplies last!) Hats/Bottles are only guaranteed if registered by June 28th.

Race Overview

Starting/ending near the Iron Bridge/LVRR Club house. Runners may enter the Lehigh Parkway from Jefferson Street or from Vultee Street off Lehigh and park on the hill. See website for more directions. *This race benefits SportsFest which supports Allentown schools.*

The Course

Rolling and shaded on a mixed, gravel and paved path. The course is held entirely within the Lehigh Parkway and is a certified 5K course.

Series points for the SportsFest 5K: – Top 10% of all male and female finishers, Top 3 in each age group, 1 point for supporting your favorite Lehigh Valley area school – show your school pride!

Other fun stuff: TBA!!

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!**

www.runlehighvalley.com

Runner's Information:

First Name: _____ Last Name: _____

[] Male [] Female Date of Birth: _____ Email: _____

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

Race: (Check One) 5K [] Kids Fun []

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: SF Web