

Run Lehigh Valley 2012 – Spring Fling 5K

Sunday, April 1, 2012 9 AM

Lehigh Parkway – Allentown, PA



Fees: \$20 if registered by March 18, \$25 after

Race day registration/packet pickup: 7:30 AM – 8:45 AM (Lehigh Parkway)

The Goods: Each runner receives a short-sleeve technical shirt, beverages, snacks and goodie bags (while supplies last!) Shirts are only guaranteed if registered by March 15.

Race Overview

The Spring Kickoff to the 5K series will be held at the Lehigh Parkway in Allentown. 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 the Second Harvest Food Bank.*

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.

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

Series points for the Spring Fling 5K: – Overall top male and female receive 2 points. Top 10% of male and female finishers receive 1 point, First place finish in age group receives 3 points, second place 2 points, and third place 1 point, **1 point for each non-perishable food item up to ten.**

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: Spring web