

# Race Registration Form

## 4.5 Miles of Madness

\$25 By February 25th

\$30 After

Shirt Size: (Check One)

S    M    L    XL

### Runner's Information:

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: \_\_\_\_\_

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"



**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 10% 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"*

## 4.5 Miles of March Madness

Saturday, March 9<sup>th</sup>, 2013  
Lehigh Parkway, Allentown  
**Starting @ Fish Hatchery**  
9 AM start time

### **Race Overview**

The race will begin and finish on the Lehigh Parkway path down by the Fish Hatchery. The race will go up the path crossing the first bridge over the Little Lehigh and continuing up to the Robin Hood Bridge. Runners will cross the Robin Hood Bridge and return to the path heading back down to the Start/Finish line along the opposite side of the Little Lehigh. The course has some hills and is mostly gravel with some paved sections of the course.

### **Run LV Points**

1 pt for each non-perishable food item donated

### **Fees**

\$25 – by February 25th

\$30 – February 26<sup>th</sup> through Race Day

**Participants receive** a long-sleeved technical t-shirt, beverages and snacks. (Must register by February 22nd to guarantee t-shirt)

***This is a rain or shine event!***