

4.5 Miles of MARCH MADNESS!
Saturday, March 10, 2012 9 AM
Lehigh Parkway (Fish Hatchery) – Allentown, PA



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

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

The Goods: Each runner receives a long sleeve tech-shirt, beverages, snacks and goodie bags (while supplies last!) Shirts are only guaranteed if registered by February 22.

Prizes: Awards to the top male and female finisher and age group awards will be given 3-deep. **Everyone** has a shot at raffles! Must be present at awards ceremony to win. The awards ceremony will take place as soon as possible following the finish of the race.

The Course

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

Series points: 1 point for each non-perishable food item donated up to ten. Donations help benefit the Second Harvest Food Bank.

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: _____

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: MM web