



RUN/WALK FOR PARKS

5K RUN AND 1 MILE WALK
LONE LANE PARK • NOVEMBER 2, 2014

PRESENTED BY: **amazon** fulfillment

2014 Upper Macungie Township Run/Walk for Parks - 5K Run & 1 Mile Walk -

Proceeds from the event will be used for the development of paths and trails in the park system.

When: Sunday, November 2nd, 2014 from 10:00 am to 12:00 noon, rain or shine. The 5K RUN will begin promptly at 10:00 am. The 1 MILE WALK will begin at 10:15 am.

Where: The 5K Run and the 1 Mile Walk will start and end adjacent to the pavilion at **LONE LANE PARK**, 30 Lone Lane, Allentown, PA 18106.

- 5K RUN participants are to pick up their bib and packet beginning at 8:30 am at the pavilion.

- Commemorative t-shirts will be available starting at 8:30 am on race day. *

- Event is open to those of all ages and abilities. Families and strollers are welcome.

The 5K RUN registration fee up to October 15th is \$25.
The 5K RUN fee after October 15th & on Race Day is \$30.
The 1 MILE WALK registration fee is \$15 regardless of date.

Form & fee must be received by midnight on October 29th , **OR**

Race Day registration will be available from 8:30 am to 9:45 am.

Mostly flat/paved route, some roads/some park paths. Roads not closed, but supervised. Goodie bags and raffle prizes available. Refreshments and toilets on site. Plenty of parking.

Timing by Pretzel City Sports with race day results.

* First 200 registrations received for the **Run or the Walk by October 15th** will receive a **commemorative t-shirt** on race day, emblazoned with the event logo and showcasing our generous sponsors. For participants who have registered after 10/15, we will make efforts to have t-shirts available but it is not guaranteed.

Prizes will be awarded to the overall top male and female finishers, and the top finishers in the following age groups: under 18, 19-29, 30-39, 40-49, 50+

NAME/TEAM _____

ADDRESS _____

PHONE _____

EMAIL _____

T-SHIRT SIZE (circle one): S M L XL 2XL

AGE: _____

SEX (circle): Male Female

CIRCLE ONE: Running
Walking

Optional Online Registration at www.pretzelcitysports.com
(closes midnight, Fri. 10/29. Nominal service fee applies)

Or Mail or Hand Deliver this completed form to:

**8330 Schantz Road
Breinigsville, PA
18031**

Make checks (no cash) payable to:
"Friends of Upper Macungie Township Parks and Recreation, Inc."

WAIVER: I acknowledge that participating in a race is a potentially hazardous activity. I further acknowledge that I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the course, all such risks being known and acknowledged by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Township of Upper Macungie and the Upper Macungie Township Parks and Recreation Committee, their officers, members, employees and agents and all sponsors, including their representatives and successors, from any and all claims including claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of those identified in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

For more information on the route and other event details, please visit www.uppermac.org/5k-fun-run

All proceeds from the event will benefit park and recreation efforts in the Township.

Support provided by "Friends of Upper Macungie Township Parks and Recreation, Inc.", a 501(c)(3) organization.

Donations are tax deductible to the fullest extent of the law.