



BETHLEHEM AREA VOCATIONAL-TECHNICAL SCHOOL

NAVIGATOR

HOSA 5K 2017

Saturday, Sept 30, 2017 9:00 A.M

"Navigate Your Future"

LOCATION: Bethlehem AVTS 3300 Chester Ave., Bethlehem, PA. Registration/number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m. Regular short sleeve T-shirt to all pre-entries & race-day entries while they last. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

COURSE: Mostly FLAT and FAST! GREAT place to PR!

AWARDS: 5K: Separate awards for the male and female winners and runner-ups plus:

14 & under: 3M, 3F

15-19: 3M, 3F

20-29: 3M, 3F

30-39: 3M, 3F

40-49: 3M, 3F

50-59: 3M, 3F

60-69: 3M, 3F

70+: 1M, 1F

COURSE RECORDS: Men: Could be you! Women: Could be you!

ENTRY: 5k: \$20 if postmarked by Sat, Sept 23, 2017. Afterwards, plus race day, \$25 while shirts last, \$18 when gone.

DIRECTIONS FROM RTE 22: Take 22 east or west to the 191 exit. At the light turn left on to 191. Follow 191 south and turn left on to Oakland Rd. Follow Oakland Rd. to the four-way stop and turn right on to Hecktown Rd. BAVTS will be about ¼ mile on your right. Please park in our rear parking lot behind the main building.

DIRECTIONS FROM RTE 33: Take 33 to the William Penn Highway exit. At the bottom of the exit go west on William Penn Highway and turn right on to Shelton Ave. At the stop sign turn right onto Hecktown Rd. BAVTS will be about ¼ mile on your left. Please park in our rear parking lot behind the main building.

Optional online registration available on www.pretzelcitysports.com

(nominal processing fee applies, closes at midnight, the Wednesday of race week)

MAIL CHECK PAYABLE TO BAVTS & MAIL FORM BELOW TO:

Adam Lazarchak, 3300 Chester Ave., Bethlehem, PA 18020.

Race Director: Adam Lazarchak 610-866-8013, lazarchaka@bavts.org

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex (circle one): M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one): S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

Already getting Pretzel City emails regularly? ____ Yes ____ No

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Bethlehem Area Vocational-Technical School, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date ____/____/ 20__