



Constructing A Cure



5K Run/Walk,
10K Run & 1 Mile Fun Walk/Run
Saturday May 12, 2018
9:00 AM - 11:00 AM



WHAT: A fundraising event to benefit the Leukemia & Lymphoma Society

Road races perfect for runners of all levels. The 5K & 10K races feature a scenic "Loop" run through beautiful valleys in Lynn Township, along the Ontelaunee Creek, on a closed-road course with a 1 Mile Fun Walk/Run held inside Ontelaunee Park.

WHERE: Ontelaunee Park 7344 Kings Highway, New Tripoli, PA

Beautiful Lynn Township (just 15 minutes north of the Rt. 78 & 100 interchange). All courses begin and end at Ontelaunee Park. Visit www.lynnheidelberg.org/ontelauneePark.html for more information about the park.

WHEN: Saturday May 12, 2018 (Rain or Shine)

SCHEDULE: 8:00 AM- Bib Pick Up & Late Registration

9:00 AM- 5K Run/Walk and 10K Run

9:15 AM- 1 Mile Fun Walk/Run start

10:15 AM- Award Ceremony

REGISTRATION: 10K- \$40, after 4/14/2018- \$45

5K- \$30, after 4/14/2018- \$35

1 Mile- \$10, under 13 free

*Registration is available online until May 11, 11:59 PM

*Race Day Registration is subject to an additional \$5 donation

AWARDS: 1st Overall male & female for 5K & 10K run. Age group awards to top 3 male & female finishers in 5K & 10K- 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69. 70+.

AMENITIES: Swag bags full of coupons, treats and goodies will be provided to all participants.

T-shirts will be provided for the 5K & 10K races, but are not guaranteed if registered after 4/28/18.

Restrooms are available at the park. Park has a playground. Park and course are pet and stroller friendly.

Water stations will be provided along both courses.

PLEASE COMPLETE FORM BELOW AND MAKE CHECKS PAYABLE TO: LLS of Eastern PA

Or visit www.runsignup.com to register online and pay by credit card

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex M F Age(on 5/12) _____ Date of birth ____/____/____ Phone _____

Emergency contact name & phone _____

Email _____

EVENT 5K 10K 1 Mile Fun Walk FEE \$_____ Additional Donation \$_____ Legacy sign (\$10) _____

SHIRT SIZE (for 5K/10K) YOUTH- L ADULT- Small Medium Large X-Large XX-Large

Send check & completed entry form to: Jerdon Construction 5925 Tilghman St., Suite 20 Allentown, PA 18104

Email race director Stacey Jones at teamjerdon@gmail.com

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 you 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 the race directors, LLS, any subcontractors & facilities 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 or 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 of the race directors to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I agree to abide by any decision of any race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I HAVE READ AND UNDERSTAND THIS WAIVER. Payment accompanied by waivers without signature will still imply understanding of above release.

Signature of participant (or parent/guardian if under 18) _____