



Celebrating our 8th year with
a totally awesome, **TOTALLY**
80s theme!

5K & 10K courses with rolling hills, rocking music,
and a spectacular home plate finish!

Kids Fun Run features a warm-up with mascots
and a course that circles the playing field!

When: Saturday, May 11, 2019

8:30 AM – Kids Fun Run

9:00 AM – 5K & 10K

Where: *Coca-Cola* Park

1050 Iron Pigs Way

Allentown, PA 18109

Cost: Fun Run: \$15 (kids 12 & under)

5K: \$30 before May 1/ \$35 after May 1

10K: \$35 before May 1/ \$40 after May 1

- Chip timing by Act Sports Management
- T-Shirts for runners registered by May 1
- Meet and greet the Iron Pigs' own FeRRous
- Kids' activities and family fun
- After party filled with live music
- Team Spirit Award for the biggest team

www.rocknrun4kids.com



FOSTER *care.*
& ADOPTION

All funds raised benefit our work to support
those impacted by foster care. With your help,
we can continue to help rebuild shattered lives
and provide a bright future for the children and
families we serve. Thank you!

Pre-Race Packet Pick-Up

Friday, May 10 from 4-7 pm @ The Salvation
Army Children's Services, 2200 Hamilton St.,
Suite 200, Allentown 18104, 610-821-7706

Race Day Registration & Packet Pick-Up

Begins 7:30 am Saturday, May 11
@ Coca-Cola Park

Online Registration through **ACTIVE**

Name: _____ Age on race day: _____ Date of Birth: _____

Street: _____ Phone: _____

City / State / Zip: _____ Email: _____

Team Name: _____ Sex: ☐ M ☐ F Participating in: ☐ 5K ☐ 10K ☐ Fun Run

Consent and Waiver: I hereby declare myself in good physical condition and able to run or walk in the 2018 Rock N' Run 5K, 10K or Fun Run. I do hereby waive and release the individuals associated with this event, its agencies, representatives, successors, and assigns from any claims for damages of any nature, including personal injury that I may incur as a result of my participation.

Print name: _____ Signature: _____

Date Signed: _____ Signature of legal guardian if participant is under 18 years of age: _____

T-Shirt Size (Circle one) Youth: S M L Adult: S M L XL XXL (Please use separate entry form for each 5K, 10K or Fun Run participant.)

Visit www.rocknrun4kids.com to download your fundraising pledge form, for additional event details and team registration info.

Age Divisions: 13 & Under; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

RNR2019