

2011 LVRR Summer Series 5K Races

NOW A FREE EVENT

Dates and Times: Wednesday May 11 6:30 pm
Wednesday June 1 6:30 pm
Wednesday July 6 6:30 pm
Wednesday August 3 6:30 pm

Place: LVRR Clubhouse Little Lehigh Parkway Allentown, PA

Course: LVRR 5K course. Accurately measured, mostly flat, cinder trail in the Parkway.

Entry Fee: The LVRR will organize and put on this event for free! One more way the club supports and encourages fitness for our community. Participants must still register.

Covered Dish: Bring a covered dish and enjoy the great camaraderie after the race. (A bag of chips does not qualify.)

Timing and Results: Each race accurately timed and individual results will be posted. You will be able to check your overall and age group results after each event.

****Note: No awards will be given.**

For more information contact: Elaine McCambridge 610-966-2347. After 1:00 pm on race day contact Neal Novak at 610-597-6350

Name _____ **Age (on 8/3)** _____ **Sex** _____
Street _____ (Circle one of the below)
City _____ **May 11** **June 1** **July 6**
State _____ **Zip** _____ **Phone** _____ **August 3** **SERIES**

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 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 road, all such risks being known and appreciated 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 Lehigh Valley Road Runners, its officers and agents, the City of Allentown, all sponsors, their representatives and successors, including the 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 the persons named 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.

Signature _____ **Date** _____

Mail to: LVRR Summer Series 5K
Box 592
Allentown, PA 18105