



www.LVRR.org
Established 1993

President's Message

We are now in the club's most active phase--Summer Series and Youth Runs. Within the months May through August the club will have put on twelve races. A tribute to the voluntary efforts of our members. Both the Youth Runs and the Summer Series will have begun by the time this newsletter reaches you and they are both off to a fantastic start.



It has been said many times that if you want some

motivation in your own running, come out and watch a Youth Run. It is so much fun. The youngsters are a bit timid in the first run or two but by the third race the elbows come out at the finish line trying to

not let anyone pass them. It is not the competition that is in the forefront but the confidence that the young people develop very quickly in their ability to run.

The club's premier event, St. Luke's Half Marathon, went off with perhaps its best race yet. The Expo was superb, the Youth Run garnered 1,100 youngsters and race day could not have been better. The committee for the Half is just the best! The fact that your club can produce a race of this stature with an all-volunteer committee speaks volumes. To further this point, the VIA Marathon has hired a professional race management team to conduct their race this year.



The Summer Series are on the first Wednesday of each month. A further caveat on the covered dish--a bag of chips or a box of cookies does not constitute a covered dish, a case of beer does, however. Hope to see you at both events.

ATTENTION!! Check the date on your mailing label, this is your renewal date if it is past due please remit your dues. You only get two free newsletters then unfortunately you're dropped from the mailing list.

Good Running,
Neal

RACE CALENDAR

June / July / August 2011

Wednesday, 6/1/11, 6:30 p.m.
LVRN Summer Series 5K, #2
Lehigh Parkway, Allentown, PA
Contact: Neal Novak
610-434-9133
www.lvrr.org

Saturday, 6/4/11, 9:00 a.m.
Kreidersville Covered Bridge Challenge 5K and 10K
Northampton, PA
Contact: Race Director
484-505-6282
KCBChallenge@gmail.com

Saturday, 6/4/11, 9:00 a.m.
Freedom to Liberty 4M Run
Bethlehem, PA
Contact: Diane Jordan
620-867-5843 Ext 5137
djordan@bethsd.org

Saturday, 6/4/11, 10:00 a.m.
LVRN Kid's Running Series #2 (of 6)
Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Saturday, 6/11/11, 9:00 a.m.
Hanover Township Women's 5K
Bethlehem, PA
Contact: Robert Cepin
610-317-8701
rcepin@hanovertwp-cc.org

Saturday, 6/11/11, 9:00 a.m.
Lee's Pavement Pounders to Fight ALS 5K Fun Run
Allentown, PA
Contact: Deanna Foley
484-619-2462
mrc599@gmail.com

Sunday, 6/12/11, 10:00 a.m.
Morning Call United Way 5K
Allentown, PA

Contact: Mary Diehl
610-820-6731
mary.diehl@mcall.com

Sunday, 6/12/11, 3:00 p.m.
Kid's Race for the Caring Place Duathlon (Run and Bike)
Rodale Cycle and Fitness Park
Trexlerstown, PA
www.raceforthecaringplace.myevent.com

Saturday, 6/18/11, 9:00 a.m.
Wilson Partners In Education 5K
Easton, PA
Contact: Doug Wagner
484-373-6000
dwagner@wilsonareasd.org

Saturday, 6/18/11, 10:00 a.m.
LVRN Kid's Running Series #3 (of 6)
Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Sunday, 6/19/11, 9:00 a.m.
Monocacy Trail 5K
Bethlehem, PA
Contact: Julie Vitale
610-597-1222
Julie.vitale@gmail.com

Wednesday, 7/6/11, 6:30 p.m.
LVRN Summer Series 5K, #3
Lehigh Parkway, Allentown, PA
Contact: Neal Novak
610-434-9133
www.lvrr.org

Saturday, 7/9/11, 10:00 a.m.
LVRN Kid's Running Series #4 (of 6)
Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438

ldodson@ptd.net

Saturday, 7/16/11, 8:30 a.m.
Hey I Know You 5K and Kids Only Half-Mile Run (9:20)
Macungie, PA
Contact: Greg Confer
484-347-8980
lvloafers@yahoo.com

Sunday, 7/17/11, 8:00 a.m.
Run Lehigh Valley Sportsfest 5K and Kids Only 1K and 2K 9:00 a.m.
Allentown, PA
570-855-8155
info@runlehighvalley.com

Sunday, 7/17/11, 8:00 a.m.
Quadzilla 15K Trail Run
Schnecksville, PA
Contact: Jill Forsythe
610-301-5631
racedirector@quadzilla.com

Saturday, 7/23/11, 10:00 a.m.
LVRN Kid's Running Series #5 (of 6)
Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Wednesday, 8/3/11, 6:30 p.m.
LVRN Summer Series 5K, #4
Lehigh Parkway, Allentown, PA
Contact: Neal Novak
610-434-9133
www.lvrr.org

Saturday, 8/6/11, 9:00 a.m.
Blue Eagle 5K
Nazareth, PA
Contact: Scott Kately
610-349-3574
skately@verizon.net

Saturday, 8/6/11, 10:00 a.m.
LVRN Kid's Running Series 6 (of 6)

Groups for Ages 3 to 14
Registration 8:45 a.m. to 9:30 a.m.
Lehigh Parkway, Allentown, PA
Contact: Loretta Dodson
610-395-2438
ldodson@ptd.net

Saturday, 8/15/11, 8:30 a.m.
**If You Build It They Will Run 5K
& Kids Only 1 Mile Run (8:35am)**
Gilbertsville, PA
Contact: Mel Weiss
610-454-0569
Mel.Weiss@verizon.net

Sunday, 8/28/11, 8:00 a.m.
Run Wild at the Zoo 1M, 5K, 10K
Schnecksville, PA
Contact: John Hofmann
215-852-4207
director@runwildatthetoo.com

LVHN Marathon for Via Growth Prompts Part- nership with National Event Organizers

In response to the growth experienced over the past four years, Via of the Lehigh Valley announced a partnership today with two nationally recognized event managers for the Lehigh Valley Health Network Marathon for Via. MSG Promotions, owned and operated by Mimi Griffin, and Barb McKeever, race director for the Philadelphia Triathlon and SheROX Triathlon series, will work together with

Via to manage the Lehigh Valley Health Network Marathon for Via.

The Lehigh Valley Health Network Marathon for Via features a Full and Half Marathon, five-person Team Relay, and 5K Walk. The course is created by Bart Yasso, Chief Running Officer of Runner's World Magazine and Race Director Emeritus. Runners will love the scenic, net descent course - designed by a runner, for a runner.

This Marathon is certified and times can be used to qualify for the Boston Marathon.

Breakaway from foot and ankle pain!

Don't let sports injuries keep you from logging extra miles. Make our office your next stop!

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610-434-7000



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Allentown, PA 18104

2100 Hanover Ave.
Allentown, PA 18109

Route 145 & Spruce St.
Walnutport, PA 18088

101 S. Main St.
Coopersburg, PA 18036

Runners, Joggers & Growth by Doug Hochstettler

Shoe manufacture Pearl Izumi recently developed an ad campaign with the catch-phrase “We are not joggers.” The company ran copy which proclaimed, “Runners are wild. Joggers are runners who have been domesticated;” “Runners sometimes jog, but joggers never run.” Pearl Izumi’s primary intent was, of course, to sell shoes. In the process they created a wedge between runners and joggers, a point which produced considerable discussion in chat rooms and online forums.

Writers from Runner’s World magazine took their shots as well. Editor-at-large, Amby Burfoot wrote, “My life and running aren’t either/or, black/white, or good/evil.” The Penguin, John Bingham, on the other hand, argued “I am a runner because I run. Not because I run fast. Not because I run far.”

To a certain extent, the Pearl Izumi ads make sense. We like categories and being able to describe our world in tidy ways. We talk about Democrats and Republicans, blue-collar and white-collar jobs, urban and suburban dwellers, and so forth. In our sport world, enter a local 5k and you’ll find speedsters who finish in under 17 minutes and others that come in over 30 minutes.

But in many ways the Pearl Izumi distinctions raise more questions than answers. How fast does one need to move in order to be considered a runner, for example? Are ultra-marathoners jogging if they move at a relatively slow pace? If attitude and motivation are the distinguishing factors, how do we gauge these efforts? American philosopher John Dewey pondered what it means to live a significant life. He argued that the “direction of movement, not the plane of attainment and rest, determines moral quality.” In other words, it matters more that we’re striving to improve than it does exactly how fast we’re moving. The individual who reaches the marathon finish line in over 5 hours may exhibit these moral qualities – striving to improve and nearing individual potential. The same could be said for the 2:30 finisher who pushes just as hard.

In the end we should focus less on what divides us and more on the aspects we have in common – our individual and collective areas of growth. “Sweat and effort,” philosopher William James wrote, “human nature strained to its uttermost and on the rack, yet getting through alive, and then turning its back on its success to pursue another more rare and arduous still – this is the sort of thing the presence of which inspires us.” Each of us has this potential, regardless of how fast we move.

The St. Luke’s Half by Silvia Hoffman

For me it started with simple words: “You can do it” I believe these four words may be four of the most important words in life. To say them to someone and to hear them be said can be life-altering. So it starts out with a simple “You can do it...” and is followed by months of discipline and training that culminates in a day filled with a full spectrum of emotions spread out over 13.1 miles.

The 2011 St. Luke’s half marathon started out with clear brisk air, blue sky and sunshine....there was quiet anticipation and nervous energy filling the air around the thousands of people at the starting line. There is excitement, fear, joy, and so many thoughts running through your head, most of all, “can I really do this?”

As I make my first steps through the starting gate I feel the camaraderie and support of the people around me, you are not running alone, you are all in it together. The nerves calm down as you get into a good stride



and rhythm and move forward. You turn down Ott Street near the Allentown Rose Garden and sail through blossoming cherry trees, like you are running



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BEST WISHES TO THE LEHIGH VALLEY ROAD RUNNERS!

through exploding pink clouds. You smile and keep moving thanking God not only for the beautiful day but for the ability to put one foot in front of the other, in such a simple and satisfying act. The spring air is fresh and it feels awesome to be out there with everyone, to be alive. We pass spectators cheering and feel humbled that they would make the effort to read your name on your race bib and cheer for you even though they don't know you. A child holds out his hand for a high five....it makes your day and his.

The bands along the route fade in and out and are a welcome sound as the miles tick away.... they make the time go by faster and fill the air with energy. Up ahead a water stand.... Thank God for the water stands! The wonderful volunteers hand you a cup full of much needed relief and encouragement.

The Little Lehigh Parkway is in full spring glory in vibrant greens surrounding the clear

rushing stream, a gem for runners. The mass of bodies flows into its pathway, but those shaded hills test your body and spirit too....at moments, nine miles in, you start to fade and you wonder if it's possible for you to lift your foot and put it in front of the other. Self doubt can fill your mind so easily... don't let it, somewhere inside of you a persistent voice stifles the doubts and says 'yes, I will do this, I can do this.' The body will always follow the mind so it keeps going.

The last few miles are tough, physically and emotionally, but somehow you keep in motion, focusing on finishing. Near the end, the encouragement from the spectators is sometimes the only thing that keeps you moving. They came to see you run, so you don't want to let them down. Across Hamilton street and through Cedar Beach, in the home stretch you just want it to be over. From the side of the



road you hear: "You're almost there" "Come on, you can do it!" The stadium is in sight, just left around the bend....but before you enter, an excruciating incline lies ahead of you, as if the road is testing you one last time, to see if you are truly worthy of the accomplishment. You make a final effort, head down and up the hill feet finally hit the track, now I know I'm in the clear...! I see the finish line and my spirit and legs are refreshed if only for a moment. I give it everything I have to get through the finish line sprinting. I see the smiling faces of volunteers holding out the medals. The second my foot crosses the threshold, I am overwhelmed with pure relief, satisfaction, joy. I made it. I did it.

Today, take the opportunity to say "you can do it" You may be surprised at the result.

Spine and Sport Chiropractic
www.spineandsportchiro.com

Laurie L Reinhart, DC
 6002 Chestnut Hill Road
 Coopersburg, PA 18036
 484-347-4129
laurie@spineandsportchiro.com

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Your God gives you a mind, a body
and a soul. We should exercise
and develop all three.



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We Did It! by Jen Hipps

The five remaining members of Sassy Six had a wonderful day on Sunday! Our 6th Member, Cindy, broke a metatarsal bone in her foot a few weeks ago and was unable to run. Unfortunately, Loretta got a stress fracture during the race. Your staff took good care of her! My friend Angela and I had a great time! She had an injury and was only planning to walk/run the first 10K. I had been sick since last Thursday – and had only started to eat solid foods just this past Thursday evening. I was sure my body would NOT let me run/walk at all. I was prepared to cheer and be the team photographer.

We met a wonderful woman while we waited to check-in at the Holiday Inn Center City. She spoke highly of the race and told us about the beautiful park we would run through. At that moment Angela and I realized we NEEDED to finish the race. This was our First Half Marathon. Even if we walked we wanted to finish. We did finish – with quite a bit of walking – but we FINISHED! We made a goal and reached that goal! We had a great time–smiled nearly the entire time–and appreciated the well-run race. The bands, volunteers and spectators were wonderful! I cannot imagine how much work went into planning this expo and race.

Your hard work was much appreciated. The staff at the expo were so kind and helpful. The young adults & children who helped were great – what a wonderful idea!

The only slight ‘bummer’ was that our paper bib numbers did not match the shirts we ordered from WearYourNumber.com. Luckily by wearing our shoe tag things were okay.

I am pretty sure we’ll be back next year! Now we have a PR to beat and the hope that we’ll stay healthy during training and the week before the race!

LV Half Marathon by Bill Fleming

Last year my daughter Holly ran the LV Half as her first ½ marathon. When she crossed the finish line, she inspired me to try it this year. At that time, I was obese, pre-diabetic, had high cholesterol and high blood pressure. I also suffered sleep apnea. So I decided to change my life and I signed up for the 2011 LV Half. In early September, I began walking 2 miles a day. I worked up to 6 miles a day and around November, I began mixing in some running. I ran a 5K on Thanksgiving Day and continued training to reach my goal of running the LV Half. I went online and found a “plan” on how



to train for your first ½ marathon in 13 weeks. So I decided to try it. My goal when I started was twofold:

1. Run at a 10 minute/mile pace AND
2. Run the ENTIRE distance, no stopping, no walking.

So, what happened? Well, quite a bit. I lost almost 60 pounds, am no longer pre-diabetic. No longer suffer high blood pressure, high cholesterol or sleep apnea.

My race results?:

1. Finished the race in 1:45.04 seconds. Almost 8 minute/mile pace
2. Ran the whole thing

My daughter Holly also completed the race and improved on her time from last year. She was my inspiration and now we pull each other along in our “daily” runs.

The race was a great experience and WOW, how well-organized the whole event is. I certainly plan to return next year and hopefully improve on my time. I’m inspired to run my second ½ marathon this coming fall AND in the fall of 2012 I am planning to run my first FULL marathon (at age 55).

So the point is for ANYONE who has health issues, proper diet and exercise can be a tremendous benefit....and setting a “reach” goal gives you something to work toward.

Ugly Runners, Unite!

by Kelli Di Cesare

Runners are fit, disciplined, and focused. Plus, I have never met a runner who is not a nice person. Have you? But, those generalities aside, I have noticed that there is a great divide in the running community....there are those of us who are Ugly Runners and then, there are the others.

I fall in the first category. I know it, and sadly for those who pass me on a run—with horror in your eyes—you do, too. But we Ugly Runners are a proud and fierce bunch. What we lack in normal skin tone, we make up for in an enthusiastic quest to have our faces turn the shade of harvard beets. Instead of “glowing” with perspiration, we play the mental guessing game: “What the **** is this on my face? Is it sweat? Slobber? Tears of pain? Snot? Did my eardrum explode? Was it from the branch I just slammed in to?” We are unable to drink mid-stride without choking. This often leads to respiratory uncomfot, spitting, and finally, the coup de grace—Gatorade dripping out of our noses. But we keep running!! Have you beautiful runners ever done that? I think not.

We UR's know our weaknesses, but we are a glass-half-full lot. When race photos are released, UR's think: “Hummmmm, I

don't remember having a brain hemorrhage during the run, but boy, did I put my bib number on nice and straight!” When UR's are greeted post-run by family members, we notice the recoil, avoiding eye contact and the struggle for positive affirmation “Great Job Honey!!! You look, well, humm, you look like you really tied those shoe laces tight!!!” But we hear it as “I love you!”

Our hair – oy - well a UR's hair follicles increase exponentially with each mile we run. We must finish each and every race looking like we've been electrocuted. But, who needs hair product right??



UR's don't log our miles alone either like many of the beautiful runners do. We are usually accompanied by our closest buddy, our stride impediment. My partner is James Leg...Jimmy for short. Floppy Arm Frannie, High Stepping Howard, and Liquid Hips Louie are just some of the runners James and I pass in the mornings.

UR's also enjoy our music. We sing out loud, give an extra shake of our hips, and occasionally play air instruments. We know there are no photographers along the path WILLING to take a picture of us for the cover of Runner's



World, so why NOT a little extra Keith Richards inspired air guitar solo?

B-U-T (insert dramatic pause) There is one great UR downfall. That tragedy is having a running partner who is NOT classified as a UR. Aside from James, my other running partner is a gazelle, which is very unfortunate for me, vanity-wise. Gazelle is faster than fast, floats over the roads like she is levitating, free of sweat, shades of red or dramatic flailing. Running with Gazelle compounds my Ugly Runner status. I see the looks of pity, people! I know!!

BUT, like the good UR I am, I try to look at it in an optimistic light. We are good for each other. I give her a legitimate excuse to stop or slow down as I recover from cardiac arrest, and she keeps my A** running!

So next time you are at the Parkway and a Gazelle passes you, quickly followed by another runner bombing down the hill looking like a crimson-colored, dripping wet, female version of the Uni-Bomber playing air guitar, don't be alarmed. It is just me—a UR and proud of it.

Death Race by Mark Jones

Background

Death Race is something that has piqued my interest for about two years now. It is the next biggest challenge, within my life, in the constant pursuit of exploring my body's limitations, which all began not too long ago.

My first experience began right out of high school when I enlisted in the Marines. I served four years honorably in the Infantry and began my next pursuit in life towards my Bachelors Degree. While I began my time in college, a half marathon flyer mysteriously landed on my front door. At the time, I had no idea what a half marathon consisted of and was in no kind of shape to even attempt one. Long story short, I "trained" for about two weeks, ran the race, completed it, and was in bed sick for about a week. When I fully recovered, the pursuit continued with hammering out more races to inevitably get better at each new discipline that was explored.

After a couple short years of half and full marathons, trail races came into the picture, along with obstacle races and mud runs. While looking for new races, I came across Death Race.

This is a random toss of the dice event that only the race director



knows what is truly expected and what the race truly consists of. Also, there are only about 200 people that are able to register for this race each year. The registration process also strays away from the traditional first-come, first-serve policy. There are only a few ways to get accepted into Death Race even if you think you're the perfect candidate to compete in it.

Since my experience with the extreme racing world is slim to none, I had to exploit my only option for getting into this race. This was to compete in the Spartan Race, hosted in Brooklyn, NY, and win it in order to get a "golden ticket," which would allow me a free registration (\$400 value) and guarantee into this event. Well, I came in first overall within my wave, but was beat by two seconds by someone in another wave late in the day. My dreams of competing and/or getting accepted into this race ended right then and there.

However, it was observed how much more I was punished than my fellow competitors, being the very first racer through the finish line, by full-strength Spartans beating me senseless, compared to weakened ones later in the day, Marine drill sergeants made me do additional exercises at each station because there was no one else in sight. And other hazings took



place throughout the race that no other competitor fully felt. In the end, it did not matter to me. I lost by two measly seconds, accepted my fate and drove home in shame while trying to be optimistic about the whole experience of the day.

A few weeks later I received an email from the Death Race director stating that he wanted me to compete in his race and would even be willing to waive the entry fee for me. Excited out of my mind but confused at the same time, I anxiously expressed my sincerities about being accepted without even questioning why I was "chosen." However, I did come to find out that my new "buddy," that I met at the Spartan Race happened to be Joe Decker, winner of last year's Death Race. We randomly met throughout the day and ended up shooting the shit, while buying each other a few rounds of beer and discussing our shared passion for these types of events.

In the end, I feel that I met Joe for a reason. This will be discovered on June 24th when I compete in this year's race. Again, there are only 200 participants, give or take due to charity options. Around 15-20 participants already gave up and currently have a big red DNF next to their name.

I feel honored to not only be invited to this race, but to also be one out of 200 on the roster. The problem I face is that there

is no packing list that has been released and no Intel of what the course will consist of. This is a race that I will literally be going into blind.

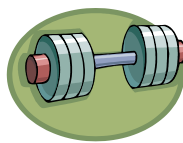
Past Races

Based on stories, review, and videos; this race is brutalizing in every way. It consists of mental and physical challenges that require you to not only have brute strength, but a little bit of common sense, orienteering, and puzzle-solving abilities. This race is designed to test every aspect of your extreme limits. There have been packing lists that consisted of 10 pounds of onions that you carried for hours to find out you had to eat them later, items like a post hole digger that was never used throughout the race, tree stumps that had to be dug out of the ground just to earn your race bib, and translating messages throughout the course with your mandatory Greek encyclopedia. Bikes have been carried throughout the course just for awkward weight. Only to ride for a few minutes after diving in a pond for your chain and checking to see that it still works. All your water and food is carried with you at all times, terrain is very rough and rugged, and weather is obviously not an issue/concern of the race director at all. Then there is the usual low crawling through mud, rocks, and any other creative obstacles they concoct.



Training

So far I have had some versatile training which has consisted of picking up random things (such as tires, 20-40 lb logs and rocks) on the side of the road. These are usually picked up or utilized during my 30-40 mile pack runs in which I am already carrying 25-40lbs at all times. I have also sleep-deprived myself over several days in the freezing cold with my pack and the intent to not stop moving the whole time. I completed this miserable challenge on a path that was 90% ice and crunchy snow that still haunts me to this day. Also, in the winter I went out with my tire and pack to the Trexler Game Preserve after our heaviest snowfall. The outer lap that usually takes me a little over an hour to complete took just over three hours due to the constant knee-high and above snow that had to be negotiated throughout the whole unbroken trail. However, the toughest challenge was utilizing my body as a moving truck. I ran various items including 2 45, 35, 25, 10, 5lb plates, 45lb barbell, a whole bent for lifting, punching bag, and other miscellaneous awkward items back and forth from one house to the next. At all times, I was carrying at least 20lbs one way and the return trip was 60-80lbs. Each trip was three miles long. I ended that day when there was nothing left to carry and just when everyone started to



wake up, probably thinking that I robbed someone's house and looking at me like I was crazy.

Throughout my training I have also swam in mucky water, put myself in miserable situations, and competed in back-to-back-to-back races just for the forced max effort needed to be exerted in each race. My most recent training sessions have been focused on racing each weekend in May while continuing my training cycle of swimming, biking, and running. It began in April with marathons in Boston, two weeks later in Lincoln, NE, a triathlon last weekend, volunteering as a pacer for the Pocono Marathon this upcoming weekend, and finishing with a 50 the following weekend. After this will be another sleep-deprived three-day weekend and, shortly after, the Death Race. The race director emailed me and stated that as part of our first assignment, we need to get into our local paper/media source. I would hate to fail this first easy assignment so it would be great if we could work something out. I am probably one of the few even attempting to enter this competition from Pennsylvania. I'll finish strong and actually hope to come with a victory.

LVRR Inc.
P.O. Box 592
Allentown, PA 18105

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LVRR Membership Application (Please print)

Name _____ Occupation _____ Birthdate _____

Name _____ Occupation _____ Birthdate _____

Street _____

City _____ State _____ Zip Code _____

Email: _____

Phone: (Day) _____ (Evening) _____ Mobile: _____

MEMBERSHIP LEVEL (Please circle) \$20.00 INDIVIDUAL \$25.00 FAMILY

Your active participation as a club member is important. All members are asked to volunteer their help each year for at least two club activities as described on the website. Please list the two activities for which you would like to volunteer. You will be contacted in advance of each event. Thank you.

1. _____ 2. _____

Club Membership Application Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity; knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, The Lehigh Valley Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club events even through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date: _____

Signature _____ Date: _____

Parent's Signature if under 18 years _____

To join the Lehigh Valley Road Runners, fill out this form, enclose a check and mail to:
Lehigh Valley Road Runners, PO Box 592, Allentown, PA 18105-8692