



St. Luke's Five & Dime Run/Walk & Kids Fun Run

Palmerton, PA / Saturday, May 12, 2018 / 9:00 AM

BENEFITS: All proceeds to benefit the St. Luke's Healthy Smiles, Happy Kids Dental Van

ABOUT US: This year will mark the 17th running of the 5K and our 3rd year with a new and improved 10K course! This is an amazing community event with something for everyone from the first time 5K walker, to a challenging 10K course for those of you looking to extend yourself beyond the 5K distance.

LOCATION: Course will Start/Finish at Palmerton Borough Park, Third & Franklin Ave, Palmerton, PA

REGISTRATION: Race registration and Packet Pick up May 11, 2-7 PM at St. Luke's Palmerton campus cafeteria
Race Day Registration and Bib # Pick up opens at 8:00 AM

10K starts at 9:00 | 5K Run/Walk starts at 9:15 | Kid's Run starts at 10:15

ENTRY: 5k Run - \$30.00 if registered by April 20, with guarantee Tech Shirt, after that date & incl. race day \$35, shirts while supplies last.
10K Run - \$30.00 if registered by April 20, with guarantee Tech Shirt, after that date & incl. race day \$35, shirts while supplies last.
Kids Fun Run - \$5.00 up till and including race day, shirt guaranteed if registered by April 20th

** All fees (except the kids run) are discounted \$5 by registering online

Online Registration Available at: www.BMHS5K.com or <https://www.pretzelcitysports.com/onlineform1.php?id=1396>
(nominal serve fee applies, closes at midnight the Wednesday before race day.)

5k AWARDS: Awards will be given to the top overall male and female runner. Stethoscopes will be awarded to the top three male & female finishers in the following age Groups: 12 and under; 13-18; 19-29; 30-39; 40-49; 50-59; 60-69; 70 & up.
Clydesdale Division Top 3 men weight \geq 220 lbs Athena Division Top 3 women weight \geq 170 lbs

TEAM INFO: 2 team awards: Largest and Fastest (minimum of 4) \$100 donation to charity of teams choice

AMENITIES: Great post race meal provided by Subway and Country Harvest

RACE DIRECTOR : Michael F. Martinez, M.D., F.A.C.S., 610-509-6282, mfmmd@ptd.net

Make checks payable to: BMHS Fund Development
Mail Check and Registration Form to: BMHS Fund Development 211 North 12th St. Lehighon, PA 19235

----- Mail in entry deadline is MAY 7th, 2018 Registration Day of Race is \$35-----

Participant First Name: _____ Last Name _____

Street Address: _____ City: _____ State: _____ Zip code: _____

Day of Race Age: _____ Gender: M F Shirt Size (circle one) Youth S M L Adult S M L XL 2XL

Email address: _____ Team name: _____ or circle NO TEAM

Clydesdale (Male \geq 220 lbs): _____ Athena (Female \geq 170 lbs): _____

- EVENT [] 5k Run \$30 if reg. by 04/20/18, incl. guaranteed shirt after that date \$35.00, shirts while supplies last
- [] 10k Run \$30 if reg. by 04/20/18, incl. guaranteed shirt after that date \$35.00, shirts while supplies last
- [] Kids Fun Run - \$5.00 if reg. by 04/20/18, incl. guaranteed shirt shirts while supplies last

Credit Card Payment information: Credit Card Number: _____ Exp. MM/YY: _____ Security code: _____

Credit Card Type: _____ Signature: _____

WAIVER: I know that running a road race is a potentially hazardous activity, which could cause injury or death. 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 any aspect of my participation in this event, including the right of the official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including, but not limited to, falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, conditions of the roads, 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 in my behalf, waive and release the SLUHN, St. Luke's Palmerton Campus, the Palmerton Borough and all sponsors, their representatives, any other persons assisting with the race, and their successors from all claims or liabilities of any kind arising out of my participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this for any legitimate purpose. I understand that if the race cannot be held on October 8 due to circumstances beyond the control of the race committee and sponsors, including, but not limited to, unsafe weather conditions or governmental ban, the race will be cancelled and will not be rescheduled for another date this year. Since the majority of event costs (entry forms, advertising, etc.) occur prior to the race, my entry fee will not be refunded.

Signature: _____ **Date:** _____

(by parent or guardian if participant is under 18)