



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

Palmerton, PA / Saturday, May 11, 2019 / 9:00 AM

BENEFITS: All proceeds to benefit the Adult Day Program Center of the St. Luke's Blue Mountain Health System

ABOUT US: This year will mark the 18th running of the 5K and our 4th 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: Online Registration Available at: www.BMHS5K.com
nominal serve fee applies, closes at midnight the Wednesday before race day)
Race registration and Packet Pick up May 10, 2-7 PM at St. Luke's Palmerton campus
Race Day Registration and Bib # Pick up opens at 8:00 AM
***** All fees (except the kids run) are discounted \$5 by registering online*****

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

ENTRY: 5k Run - \$30.00 with guaranteed Tech Shirt if registered by April 20, after that date & incl. race day \$35, shirts while supplies last.
10K Run- \$30.00 with guaranteed Tech Shirt if registered by April 20, 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

5k & 10K 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.

Back by popular demand !!! Clydesdale Division Top 3 men weight \geq 220 lbs Athena Division Top 3 women weight \geq 170 lbs

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, DrMike@bmhs5k.com

Make checks payable to: St. Luke's Development Office
Mail Check and Registration Form to: Michael Martinez, M.D., 255 Delaware Avenue, Palmerton, PA 18071

----- Mail in entry deadline is MAY 6th, 2019 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: _____

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

- EVENT [] 5k Run \$30 if reg. by 04/20, incl. guaranteed shirt after that date \$35.00, shirts while supplies last
- [] 10k Run \$30 if reg. by 04/20, incl. guaranteed shirt after that date \$35.00, shirts while supplies last
- [] Kids Fun Run - \$5.00 if reg. by 04/20, 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 and 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: _____ (by parent or guardian if participant is under 18) **Date:** _____