

2nd Annual

"The Bruiser" Memorial 5K and The Sarge Memorial 5K FUN Walk for Canine Cancer Research

Dogs welcome for the 5K walk only (rabies certificate required)

Lehigh Parkway-Allentown, PA

Sat, Sept. 25, 2010

5K Run - 9 A.M.

5K Walk - 9:10 A.M.

Professional Timing by Pretzel City Sports, Reading, Pa.

Location: Lehigh Parkway-Allentown (S. Jefferson & Park Drive). Registration opens at 8 AM

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

Awards: Top Male and Female plus 3 deep in following age groups: (awards will be given to runners and walkers in the following categories):
18 and under 19-29 30-39 40-49 50-59 60+

Entry Fee: \$17.00 if received by September 18, 2010, includes shirt. Afterwards, including day of race, \$22 while shirts last, \$16 after they're gone

Optional Online registration via credit card available at www.active.com or www.thebruiser5k.com

Online registration closes at midnight, September 22, 2010*

Directions: From East: Route I-78W to exit 57, take ramp right follow signs for Lehigh St. bear right onto Lehigh St. turn left onto S. 12th St. (VW dealership on the corner) keep straight onto S. Jefferson (15th St.) park entrance is at the intersection of S. Jefferson and Park Drive, turn into the park and follow road for approx. 1 mile to the LVRR Clubhouse on your left.

From the West: Route I-78E to Exit 57 take ramp right & follow signs for Lehigh St., turn left onto Lehigh St., then left onto S. 12th St., keep straight onto S. Jefferson St (15th St) the park entrance is at the intersection of S. Jefferson and Park Drive. Turn into the park go approx. 1 mile to the LVRR Clubhouse on the left hand side.

From Rt. 22 exit 145S/Macarthur Road toward 7th Street, turn right onto W. Union St. then left onto S 8th St. then right onto Lehigh St., then right onto Lehigh Parkway, park entrance is at S. Jefferson & Park Drive, turn into the Lehigh Parkway and follow road for approx. 1 mile to the LVRR Clubhouse on your left.

Our Thanks for Any Donation You Add to Your Entry Fee to Fight Canine Cancer

Donate or set up your team online at www.active.com/donate/thebruiser10

IF YOU PREFER YOU CAN MAIL CHECK PAYABLE TO "National Canine Cancer Foundation" & MAIL IT & THE FORM BELOW TO:

Maryjo Smith 9764 Gravel Hill Rd, Bangor, PA 18013. Contact: Maryjo, 908-303-8399, mjc11268@hotmail.com

.....**Please Print Clearly**.....

Last name _____ **First name** _____
Address _____ **City/State** _____ **Zip** _____

Sex: M F **Circle One: Walk or Run** **Race day age:** _____ **Date of birth** ____/____/____

Shirt Size (circle one): S M L XL **Phone:** (____) _____ **A.M. or P.M.**

Email _____@_____

Already Get Run Update Emails Regularly?? ____ Yes ____ No **Donation** ____ \$25 ____ \$15 ____ \$10 WAIVER: 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 also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Maryjo Smith and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign) All dogs must be well mannered and a rabies certificate must be submitted 10 days prior to the race. We reserve the right to dismiss any dog and their owner for bad behavior. No dogs in heat allowed.

Signature _____ **date** ____/____/ 2010