

"Run for the Ice Cream!!"

5K Run & Walk ...and Kids One Mile Fun Run Sunday, August 31, 2014 10:00AM Lewistown Valley just outside Tamaqua, PA

Sponsored by USA Martial Arts & Fitness of Tamaqua, PA

"A scenic, countryside road run through the beautiful Lewistown Valley starting and finishing at HEISLER'S CLOVERLEAF DAIRY BAR!!!", at 743 Catawissa Road......just outside Tamaqua, PA.....Official Race T-Shirts and Awards and... where EVERY runner and walker receives a FREE ice cream sundae at the completion of the race!!!



Race Starts 10:00AM....Walkers follow immediately.....Plus Kids one mile Fun Run!... Rain or Shine!!

Pick up race packets from 8:30AM till start of race.....Awards following race!

Registration Fee: \$25. by August 16, 2014, (\$30. after that and day of race) (Kids Fun Run \$15) No Refunds!

Two Ways To Run!!

Signature: _

Signature of parent or guardian if under 18 ___

- Challenge yourself on this beautiful 5K course (no sponsors needed) OR
- Raise money for the charity or non-profit organization of YOUR choice by collecting sponsor money for your "cause" leading up to the race.
- ALSO.......Partial proceeds will be donated to the overall winner's choice of charity or non-profit organization!!! EVERY charity or non profit organization can benefit.....just get your runners in the race and start raising money!!!!!

Awards Presented to: Overall Male & Female,....plus top three male and female in each age group.... ages 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over,...with 3 places in each division....and a kids fun run for age 10 & under!!

Tee Shirts Guaranteed to everyone pre-registered by August 16th, 2014!!,......after that, while supplies last!

Heislers Cloverleaf Dairy Bar, located at 743 Catawissa Road, Tamaqua, PA, the race location, features food, ice cream, soft pretzels, miniature golf, beautiful setting, plenty of free parking, restrooms, and everyone's favorite place to enjoy!!!

<u>To Register or for more information:</u> Contact: Jon Bonner, CC5K Race Director, (570) 778-6970

On Facebook, message Jon Bonner e-mail: usama2@hotmail.com

Visit the official Charity Challenge 5K Race web site: www.charitychallenge5K.com
Race registration forms, official sponsor sheets, etc. can be mailed or downloaded from web site.
On Line Registration Available at: www.pretzel.citysports.com

Registration Form: (optional on line registration at WWW.PRETZELCITYSPORTS.COM) (Mail with fees to: Sidekick Productions, Inc., 25 Dennison St. Tamaqua, PA 18252 "checks payable to Sidekick Productions, Inc.") Address: ____ Email Address: ___ Event: 5K Run ____ 5K Walk ____ Fun Run ____ (Ages 12 and under) T-shirt size: Adult S M L XL 2XL Child S M L WAIVER: I hereby declare myself to be in good physical condition to run/walk in a 5K race event. I the undersigned do hereby submit application voluntarily for attendance and participation in a 5K race/walk and/or fun run event, sponsored by Sidekick Productions, Inc. On behalf of myself, my heirs, executors, adminstrators, successors, or anyone else that might claim on my behalf, agree not to sue, and waive and release Sidekick Productions, Inc., all municipalities and townships in which the race is held, the race director, volunteers, sponsors, and anyone connected with the race, for any and all claims or liability for death, injuries, illnesses, and property damage of any kind arising from participation of the event. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen. I fully consent that any pictures or videos of me in connection with event can be used for publicity and promotion purposes and I waive compensation in regard thereto. If the applicant is under age 18, this waiver must be signed by parent or legal guardian indicating that they understand and agree to the terms and conditions.

_ Date: __

____ Date: _