



Registration Form

Laughing At My Nightmare, Inc. presents the 4th Annual

Laughing At My Nightmare 5K Run, Walk, and Roll

Sat. June 25, 2016 9:30AM Bethlehem, PA

Proceeds benefit Laughing At My Nightmare, Inc – supporting families affected by Muscular Dystrophy and promoting positivity while facing life’s challenges

LOCATION: East Hills Moravian Church, 1830 Butzown Rd, Bethlehem, PA 18017 **Regist/number pickup opens at 8:00 a.m. 5k Race and 1 Mile Walk to begin at 9:30AM. Walkers not timed. Regular short sleeve T-shirt guaranteed to all pre-entries who register by June 4. After June 4, shirts will be available to registrants while supplies last. Clock at finish, refreshments, instant results. Rain or shine. No refunds or mailed awards.**

COURSE: Street, moderately fast – wheel measured, professionally timed course on closed suburban roads and school district property.

AWARDS: Separate awards for the male and female overall winners, as well as second and third overall, plus Age 14 & under: 3M, 3F Age 15-19: 3M, 3F Age 20-29: 3M, 3F Age 30-39:3M, 3F Age 40-49: 3M, 3F Age 50-59: 3M, 3F Age 60-69: 3M, 3F

ENTRY: 5k Run or 1 Mile Walk: \$35 if postmarked by Sat, June 11, 2016. Afterwards, plus race day, \$40. **PREMIUM Supporters:** \$50 if postmarked by Sat, June 11, 2016. Afterwards, plus race day \$55. Premium Supporters receive an **EXCLUSIVE** pair of Laughing at My Nightmare shoelaces. In addition, a special No More Nightmares grant will be given in honor of the 2016 Premium 5K Registrants.

DIRECTIONS FROM US 22: Take PA Exit 512 toward Center Street, turn left onto Bath Pike, continue onto Center St. In .3 mi, turn left onto Johnston Dr. In 1.6 mi turn right onto East Blvd. In .3 mi take the second left onto Butzown Rd. In .2mi destination will be on right.

DIRECTIONS FROM US RTE 78: Exit at US 33 North. Take the US 22 West Exit. Take US 22 West to Exit 512 toward Center Street, turn left onto Bath Pike, continue onto Center St. In .3 mi, turn left onto Johnston Dr. In 1.6 mi turn right onto East Blvd. In .3 mi take the second left onto Butzown Rd. In .2mi destination will be on right.

Optional online registration available on www.pretzelcitysports.com

(nominal processing fee applies, closes the Wed before race day, at midnight)

MAIL CHECK PAYABLE TO “Laughing At My Nightmare, Inc.” & MAIL FORM BELOW TO: 2732 Lafayette Ave Bethlehem, PA 18017 Race Director: Erinn Malone: erinn@laughingatmynightmare.com, www.laughingatmynightmare.com

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K-Prem 5K-Basic 1Mile-Prem 1Mile-Basic Sex: M F Race day age: _____

Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Email: (print clearly) _____

Phone: (____) _____

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, Laughing At My Nightmare, Inc, East Hills Moravian Church, 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. By entering this race, I am granting permission to Pretzel City Sports and Laughing At My Nightmare, Inc to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

Date ____/____/ 2016