

LVA's

Monster Dash



5K Run/Walk Pretzel City Sports

**Saturday, October 22, 2016
5K Run/Walk 9:00 AM**

Lehigh Valley Academy
1560 Valley Center Parkway
Bethlehem, PA

Rain or Shine Event



Pre-Registration

Deadline: October 18th



ABOUT OUR SCHOOL

Lehigh Valley Academy Regional Charter School (LVA) is a fully authorized, dynamic K-12 International Baccalaureate World School. We serve over 1,700 students in and beyond the Lehigh Valley and are committed to developing thinkers who are critical, creative, and open-minded, ready to embrace the challenges of a world-wide, diverse society. Our vision is to inspire lifelong learners capable of pursuing their goals and contributing to their community by providing an environment where all school members treat each other with respect and celebrate student achievement.

Thank You for Your Support!

This event will raise funds to support our K-12 STEAM (Science, Technology, Engineering, Arts, and Math) programs and will be used to purchase equipment and supplies to enhance those programs for the education of our students. In the past, similar fundraising activities have allowed LVA to purchase 3D printers, Nexus 7 tablets and GoPro Cameras.

We look forward to sharing a morning of fitness fun, prizes, Halloween costumes, and an opportunity to support and be associated with an outdoor event that promotes family wellness with members of the Lehigh Valley community.

\$20.00 for 5K Runners/Walkers
\$5.00 for children 12 and under

Registration for our Monster Dash 5k Run and Walk

You can register online at:

www.lvacademy.org

**T-shirts will be given to the first 100
Runners/Walkers**

Prizes for the Run

Top 3 runners of the race will
receive a prize.

Best Costume Contest

5K runners and walkers are encouraged to dress in costumes. There will be prizes for the best costume for kids.
(costumes optional)

Registration

You can register online at:

www.lvacademy.org

Race Registration Form

Run Information: *(Check event entered)*

5K Run/Walk (\$20)

12 and under kids (\$5)

Shirt Size: *(Check One)*

S M L XL

T-Shirts to the first 100 adult runners/walkers

Runner's Information:

Last Name: _____

First Name: _____

Male Female

Age on Race Day: _____

Address: _____

City: _____

State: _____

Zip: _____

Email: _____

Checks made payable to **Lehigh Valley Academy**

Register online or mail this form along with your check to:

Lehigh Valley Academy RCS
Attn. Monster Dash
1560 Valley Center Parkway
Bethlehem, PA 18017

WAIVER: I know that running a road/trail 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 effects 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, Lehigh Valley Academy 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)

Signature and Date



Registration Packet pick-up is available on Friday, October 21st from 5:00pm-7:00pm at 1560 Valley Center Parkway Bethlehem, PA 18017

Race Sponsors:

Aardvark

Target

Giant

Iron Pigs

Spark

Wegmans

Leading Edge

Martial Arts

Directions to Lehigh Valley Academy

From Easton Area: Take 22 West to the Schoenersville Road exit. Turn right onto Schoenersville Rd. Turn right onto Valley Center Parkway. 1560 Valley Center Parkway

From: Allentown Area: Take 22 East to the Schoenersville Road exit. Turn right onto the Schoenersville Rd. Turn right onto Valley Center Parkway. 1560 Valley Center Parkway