



**SATURDAY, MAY 21
9:00 AM**

LLS FLINCHY 5K RUN FOR A CURE

**BENEFITTING
THE**



**LEUKEMIA &
LYMPHOMA
SOCIETY®**

fighting blood cancers

The **Flinchy for the Cure 5K** is a scenic run/walk (strollers welcome!) weaving and winding through the beautiful borough of Camp Hill. The proceeds from the **Flinchy for the Cure 5K** benefits **The Leukemia & Lymphoma Society (LLS)**, whose mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. More info, visit www.flinchyforcure.com.

Pick up pre-race packets at Inside Track (6416 Carlisle Pike, Mechanicsburg) on Friday, May 20th from 10AM-8PM.

Not only will you be supporting a great cause, but there will be awards including top 3 male/female overall and top 3 male/female finisher (10 yr. age groups).

LOCATION:

WILLOW PARK
25TH and Willow Park,
Camp Hill
Goddard Trail

TO REGISTER:

www.pretzelcitysports.com

Click on the "online registration" tab on the left and scroll down until you see our race

(online registration closes at midnight, Wednesday, May 18)

OR

Complete, cut off and mail the form below

Registration Form for Flinchy for the Cure 5K

Circle: RUNNER **or** WALKER | Fees: \$25 if register by May 4 | \$30 if paying on the day of race
First Name: _____ Last Name: _____ Age: _____ Gender: _____

Address: _____ City: _____ State: _____ Zip _____

Email Address: _____ Phone Number: _____

Circle Shirt Size: S M L XL (Deadline for guaranteed shirt is May 10th)

Amount Paid: _____ Payment Method: _____ (Cash or Check) *Make checks payable to "LLS ATTN: Matt Flinchbaugh" & mail form below to: Pretzel City Sports, 112 W. 36th Street, Reading, PA 19606

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 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, Mt Penn Soccer Club, 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 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