

 **LEBANON COUNTY COPS FOR A CURE** 

5-K Run and 1 Mile Fun Walk

SATURDAY, OCTOBER 15, 2016 at 9 AM

South Hills Park

1100 South Lincoln Avenue, Lebanon, Pennsylvania



All proceeds benefit the ***Lebanon Valley Family YMCA PINK COMPLETE Program for Breast Cancer Survivors***

105 awards to be given in the 5-K race

All 1-mile Fun Walkers will receive finisher prizes

Prizes for Law Enforcement (Act 120 certified) top finishers in age groups in the 5-K, with the fastest cop awarded TOP COP

Every CANCER SURVIVOR who participates in the 5-K or the 1-Mile Fun Walk will receive a SURVIVOR medal

Free YOGA to all participants in the 5-K or 1 Mile Fun Walk afterwards. Non-5-K or 1-Mile Fun Walk participants must pay a \$10 fee. All participants should bring a Yoga mat. In case of rain, Yoga will be held at the Lebanon Family YMCA, 201 North 7th Street, Lebanon, PA at a time TBA at the event. Door Prizes, Lite Refreshments and a TUG OF WAR between Lebanon County and Lebanon City Police Officers!

***5-K and 1 Mile Fun Walk preregistered participants can pick up their entry packets at the Lebanon Valley Family YMCA, 201 North 7th Street, Lebanon, PA on Friday, October 14th between 5-9 PM, OR beginning at 7:45 AM the day of the event on October 15th.**

ENTRY FEES

5-K - \$25 by October 1, 2016 with guaranteed "Cops for a Cure" t-shirt. \$30 after October 1, 2016 and the day of the 5-K

1-Mile Fun Walk - \$20 by October 1, 2016 with guaranteed "Cops for a Cure" t-shirt. \$25 after October 1, 2016 and the day of the walk

REGISTRATION

Last Name _____ First Name _____ Age on race day _____ Gender: M F

Address _____ City _____ State _____ Zip _____ Phone _____

Please circle t-shirt size : Adult sizes S M L XL XXL Youth sizes S M L

Please check if apply: LAW ENFORCEMENT _____ CANCER SURVIVOR _____

Please make checks or money orders payable to: Lebanon YMCA

**Send to: Michelle Remlinger
Lebanon City Police Department
COPS FOR A CURE
400 South Eighth Street
Lebanon, Pennsylvania 17042**

For questions, call 717-272-6611

**Please check the event you plan to participate in
5-K _____ 1-Mile Fun Walk _____**

Waiver

I know that running a road race is potentially a 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 the 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 Lebanon County Cops for a Cure, any subcontractors & facilities 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 their behalf, or anyone else associated in any way with the race, from any and all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. By entering this race or walk, 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, parent or legal guardian must sign)

Signature _____

Date ____/____/2016