

**L.E.A.F.**  
**Lehigh Education & Athletic Foundation**  
Presents the 1<sup>st</sup> Annual  
**Fall Foliage 5K Run**  
**& ½ mile kids run**  
**October 1, 2016 – 9:00 a.m. - Lehigh PA**

**LOCATION: 1 Indian Way, Lehigh Pa 18235**

**RACE TIMES:** 5K Run @ 9:00 A.M. – Kids ½ Mile Run @ 10:00 A.M. Free ages 12 and under.

**REGISTRATION:** Race Day Registration Opens 8:30 A.M., Regular short sleeve T-shirt to all 5k pre-entries & race-day entries while they last. Rain or Shine

**ENTRY:** for 5K: \$25.00 if postmarked by September 10, 2016, includes guaranteed T-Shirt, After September 28, 2016 - \$30.00 - Shirts available while supplies last. Race Day Registration Fee \$40.00. (T-shirt is not guaranteed the day of race). Kid's race is free, no shirts provided.

**AMENITIES:** T-Shirt to all preregistrants of the 5K; indoor toilet facilities, lots of parking, time clock at finish. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days

**PRIZES will be awarded:** AWARDS: 5K: Overall 1<sup>st</sup> Male & Female and 3 deep Male & Female In the following Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 Plus

Award Presentation immediately following the 5K.

**TIMING & RESULTS:** Professionally timed by Pretzel City Sports. Results to be posted the Monday following Race Day on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**Race Director Contact:** Please contact Rebecca Karpowicz at 610-377-4490 ext.1525 or email at [rkarpowicz@lehigh.org](mailto:rkarpowicz@lehigh.org) for any questions.

Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(Nominal processing fee applies, closes at Wed, Sept 28th at midnight)

**Make Check Payable to: Lehigh Education & Athletic Foundation and**  
**Mail Form below to LEAF P.O. Box 370 Lehigh PA 18235.**

----- Please Print Clearly -----

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day of age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5K KIDS Fun Run Sex M F Phone (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.?

Shirt Size (circle one): S M L XL XXL email \_\_\_\_\_

Already getting emails from Pretzel city Sports Regularly? \_\_\_\_\_ Yes \_\_\_\_\_ No

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 conditions 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 Education and Athletic Foundation, Lehigh Area School District, 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 or 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, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: if under 18, legal guardian must sign).

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/2016