



The 15th BMHS 5K Road Race-Walk & Kids Fun Run– Saturday May 7th, 2016



Save time, money and a stamp – Register online Ages 11 & Up for \$25 until midnight 5/4/16

\$5 for Fun Run Ages 10 & under – “New this year a 5k or 10k Run Option”

Go to: www.blmntn.org or www.bmhs5k.com

Mail-in Entry Fees Ages 11 & up	\$30
Day of Race Entry Fee Ages 11& up	\$35
Kids Fun Run Ages 10 and under	\$5

Register 5 using this mail-in form,
the 5th runner/walker is just \$5

Mail In Deadline: Monday May 2

Free Technical Runner’s Hat (One Size Fits All) for 5K & 10K Participants Registered by April 15, 2016

Title	First Name	Last Name	Email Address		
Address					
City		State	Postal Zip	Day Time Phone	

If you are registering others in addition to yourself, please ENTER THEIR FULL NAME HERE	AGE	SEX	If you are running with a team enter TEAM NAME here	Indicate Distance 5K Run/Walk or 10 K Run	I’m doing the Kid Fun Run \$5	5K Run/Walk or 10K fee \$30	TOTALS
1. MYSELF							
2.							
3.							
4.							
5.						\$5 for the 5 th	

Make Checks Payable to BMHS Fund 211 nth 12th Street, Lehighton PA 18235 or Entry Credit Card Info Below

Card Type (i.e. Visa)	Name On Card	Credit Card Number	Security Code	Authorizing Signature
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Race Day Information: Registration begins at 8 a.m. -10K starts at 9:00 5K Run/Walk starts at 9:15 - Kid's Run starts at 10:15

Course will Start/Finish at Palmerton Borough Park, Third & Franklin Ave, Palmerton, PA. For safety reasons bicycles will not be permitted on the course during the race.

Avoid the wait on race day! – “In-Advance Race Packet Pick-Up” will be available on Friday 5/6/2016 from 2 to 7 p.m. in the Palmerton Hospital Cafeteria on the Ground Floor

Before returning, read and sign the waiver found on the next page

ALL ADULTS REGISTERED ON THIS FORM - PLEASE READ THIS WAIVER & SIGN BELOW: I know that participation in a road race or walk-a-thon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Blue Mountain Health System and its Fund Development Office, its officers and agents, the Borough of Palmerton, all sponsors, their representatives and successors, including the claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose (Parent's Signature if the participant is a minor)

Signature & Date	Signature & Date
Signature & Date	Signature & Date
Signature & Date	Signature & Date



**Return completed and signed registration form with fee to:
 BMHS Fund Development, 211 N. 12th Street, Lehigh, PA 18235**

Prizes for Individual Competitions: Awards will be given to the top overall male and female runner with additional awards for the top three male & female finishers in the following age groups: 12 and under; 13-18; 19-29; 30-39; 40-49; 50-59; 60-69, 70 & up for both the 5K and the 10K.

Prizes for Team Competitions: Team with the most Finishers & Fastest Team First prize in each category is a \$100 check made out to a not-for-profit charity of the team's choosing (Minimum of 4 members per team)

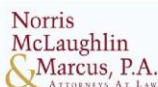
Kid's Fun Run (Run entirely inside the park) - Ages 4 & under 1/8 mile, Ages 5 & 6 - 1/4 mile, Ages 7 & 8 - 1/2 mile, Ages 9 & 10 - 1 mile - All entrants will receive a medal!

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2 to 7 p.m. in the Palmerton Hospital Cafeteria on the Ground Floor

NOTE: For safety reasons bicycles will not be permitted on the course at the time of the event

2016 Founder, Leader and Champion Club sponsors include:



Laboratory Medicine Associates
 Wyomissing, PA



Mr. & Mrs. Conrad Biege
 Richard J. Lizak, DO