



9th Annual
Team Decker/LLS 5K Walk/Run & Tricky Tray
Saturday, June 21, 2025- 9AM

All race and Tricky Tray proceeds benefit the Lehigh Valley Chapter of the Leukemia and Lymphoma Society (LLS) and local blood cancer patients.

Sponsored by St. Luke’s University Hospital Network and St. Jane’s CYO

Location/Registration: Start and finish at Notre Dame HS @ Green Pond 3417 Church Rd. Easton, PA 18045.
Registration and packet pick up starts at 7:30 AM outside the Notre Dame Auditorium Building

Course: Flat and fast on roads closed for the race. Slight downhill start and finish!
Time trial course for NDHS Cross Country team. Great place to PR!

Awards: 5K – Overall Male & Female winner and Top 3 Finishers in each age group, male and female.
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Amenities: T-Shirt is included if registered for 5K Walk/Run by June 7, 2025.
Refreshments for finishers, indoor toilets, plenty of parking, time clock at finish.
Rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.
Tricky Tray prizes from many local businesses and restaurants. Over \$4000.00 in value. Tricky Tray will start at 11 AM.
Event approved for Get Your Tail on the Trail-sponsored St. Luke’s University Health Network

Entry: 5K - \$30 includes guaranteed T-shirt if pre-registration received by June 7, 2025.
Race registration is \$35 after June 7, 2025 and including race day and does not include T-Shirt.

Optional Online Registration: www.pretzelcitysports.com
(Nominal service fee applies. Closes at midnight the Wednesday before the race) Mail in registration must be received by June 14, 2025. Make checks payable to: Team Decker/LLS. Mail check and completed form to: Team Decker/LLS, 255 Presidential Drive, Bethlehem, PA 18020. Race Director: Eugene M. Decker 610-554-0446, Doctorcoach87@aol.com

Team Decker has a secure website for direct LLS donations: <https://pages.lls.org/tnt/lv/tnthld26/edecker>

Last Name _____ First Name _____
Address _____ City _____ State _____ Zip _____
Sex: M F Race day age: _____ DOB: __/__/____
Shirt Size (circle one): S M L XL Phone: (____) _____ - _____
Email (print clearly) _____

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 may be traffic on the course and assume the risk of 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 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, Team Decker/LLS and any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, and any 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 whatsoever, foreseen, or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports and Team Decker/LLS to use any pictures or likenesses of me secured at the event of 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 ____/____/20____