



# The 16<sup>th</sup> Annual BMHS 10K, 5K Road Race, Walk & Kids Fun Run

## Saturday, May 13th, 2017



### Save money & a stamp! - Register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(Online registration closes at midnight on 5/10/17)

For \$25 + service fee (Ages 11 & Up) or \$5 + service fee for Ages 10 & under

Mail-in Form - Deadline: **Monday, May 8th**

<b>Mail-in Entry Fee</b> (Ages 11 & up)	<b>\$30</b>	<b>Day of Race Entry Fee</b> (Ages 11 & up)	<b>\$35</b>	<b>Kid's Fun Run Fee</b> (Ages 10 & under)	<b>\$5</b>
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Pre-register by April 21 to receive an authentic BMHS 10K/5K technical runner shirt

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	AGE	SEX	If you are running with a team enter TEAM NAME here	Indicate: 10K or 5K Walking (W) Kid Run (KR)	S	M	L	XL	2 XL	Child S	Child M	Child L	Ages 10 & under	Ages 11 & up	Total	
													\$5	\$30		
1. MYSELF																
2.																
3.																
4.																
5.																

Make Checks Payable to: **BMHS Fund Development** or Complete Credit Card Information below

**Total Fees Due =**

Credit Card Type	Credit Card Number	Expiration Month/Year	3 or 4 digit Security Code (CVV2)	Authorized 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.

Packet pick up will be available on Friday, May 12<sup>th</sup> from 2 to 7 p.m. - Blue Mountain Hospital - Palmerton Campus Cafeteria (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. 12<sup>th</sup> Street, Lehighton, PA 18235**

**Awards for Individual Competitions:** Awards will be given to the top overall male and female runner.

Additional awards for the top three male & female finishers in the following age groups:

**12 & under | 13-18 | 19-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70 & up - both the 5K and the 10K.**

**Awards for Team Competitions:** Team with the most Finishers & Fastest Team (Minimum of 4 members per team)

First prize in each category is a \$100 check made out to a not-for-profit charity of the team's choosing

***Kid's Fun Run* (Run entirely inside the park) – All entrants will receive a medal!**

**Ages 4 & under - 1/8 mile | Ages 5 & 6 - 1/4 mile | Ages 7 & 8 – 1/2 mile | Ages 9 & 10 – 1 mile**

**Avoid the wait on race day! - “In-Advance Race Packet Pick-Up”**

Packet pick up will be available on **Friday, May 12<sup>th</sup> from 2 to 7 p.m.** – Blue Mountain Hospital - Palmerton Campus Cafeteria (Ground Floor)

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

*2017 Founder, Leader and Champion Club sponsors include:*

<small>The Medical Staff of</small> <b>Blue Mountain</b> HEALTH SYSTEM	<b>BlueMountain</b> RESORT	<b>PenTeleData</b>	<b>HJWEALTH</b>
<b>Cardiology Associates</b> <small>and Diagnostic Center of Carbon County</small> <i>Your heart is our specialty.</i>	<b>Norris McLaughlin &amp; Marcus, P.A.</b> ATTORNEYS AT LAW	 <b>USI</b> INSURANCE SERVICES	<small>Laboratory Medicine Associates Wyomissing, PA</small> Mr. & Mrs. Conrad Biege Richard J. Lizak, DO
	<b>MCT</b> Mauch Chunk Trust Company	 <b>GEORGE T. SCHMIDT, INC.</b>	