



The 13th BMHS 5K Road Race-Walk – Saturday May 10th, 2014



**Save time, money and a stamp - Register online for just \$25 Per Person- Ages 11 and up.
\$5 for Fun Run Ages 10 & under Go to: www.blmtn.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: May 5

Free Tee Shirts Guaranteed for all Participants Registered by April 18, 2014 – Please Note that Shirt Sizes will be Gender Specific!

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	S	M	L	XL	2 XL	Child S	Child M	Child L	Kid Fun Run \$5	Run/Walk \$30	Total
1. MYSELF														
2.														
3.														
4.														
5.													\$5	

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

Total Fees Due =	
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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. - Run/Walk starts at 9 a.m. - Kid's Run starts at 10 a.m. - Course: Loop with 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 5/9/14 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 back of this 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)

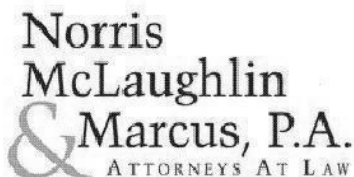
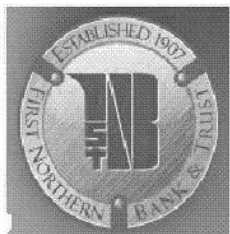
Signature & Date	Signature & Date
Signature & Date	Signature & Date
Signature & Date	Signature & Date



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

Our Early Bird Sponsors



Mr. & Mrs. Conrad Biege

Laboratory Medicine Associates - Wyomissing PA



Cardiology Associates and Diagnostic Center, LLC
 Drs. Markson, Stein & Banning

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!

Avoid the wait on race day! - "In-Advance Race Packet Pick-Up" will be available on Friday 5/9/14 from 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.