



*Lehigh Valley Athletic Booster Club Presents*

**The 1<sup>st</sup> ANNUAL TAKEDOWN 5K RUN/WALK & Kids Fun Run**

Saturday, September 17, 2016 8:30AM

**COURSE:** Located at Riverview Park Bowmanstown Boat Launch GPS: 438 Riverview Road Lehigh Valley, Pa 18235. We will travel 1.5 miles down the beautiful D & L Trail before turning around for the second half of the 5k. Water station will be provided at the half way point. The kid's fun run will be a total of 1 mile.

**ENTRY FEE:** Kids Run- \$15.00 includes free commemorative t-shirt

Pre-registration by Sept 1<sup>st</sup>, 2016-\$20.00 includes free commemorative t-shirt.

Day of event- \$25.00 (Limited number of t-shirts available.)

**AWARDS AND AGE GROUPS:** Medals to be awarded for 1<sup>st</sup>-3<sup>rd</sup> in all age groups. Top male and Top female will also receive a medal. There will also be 1<sup>st</sup>-3<sup>rd</sup> for the first three wrestlers to cross the finish line. 4-8, 9-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

Race Registration: will be held from 7:30-8:15am the day of the event underneath the pavilion at riverside park. The kids' fun run will begin promptly at 8:30am/ The 5k run walk will begin at 9am. The walkers will start behind the runners. Race will be held rain or shine. Proceeds Benefit the Lehigh Valley Youth wrestling team.

**REGISTRATION FEE PAYMENT:** Make Checks Payable to LABC. Please send entry form and payment to Joey Roetz, 377 South 3<sup>rd</sup> Street Lehigh Valley, PA 18235.

If you have any questions, please contact Joey Roetz at 570-657-7433 or email [jnmroetz@gmail.com](mailto:jnmroetz@gmail.com)

**2016 TAKEDOWN 5K ENTRY FORM (PLEASE PRINT)**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_ Wrestler: Yes NO

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ DOB: \_\_\_\_\_

EMAIL: \_\_\_\_\_

T-SHIRT SIZE (CIRCLE ONE): YS YM YL YXL AS AM AL AXL AXXL

**WAIVER APPROVAL (ALL ENTRANTS MUST SIGN)**

In consideration of the acceptance of my entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors, and administrators, waive, release and discharge and all rights and claims which I may have, or which may hereafter accrue to me against the Lehigh Valley Athletic Booster club and any and all agents, Sponsors and Promoters for any injuries or illness suffered by me while participating and traveling to and from this event.

Signature of Entrant: \_\_\_\_\_ DATE: \_\_\_\_\_

Signature of parent/guardian if under 18: \_\_\_\_\_ DATE: \_\_\_\_\_