



NAMI Awareness 5K Run Registration Form
Hope for the Minds of the Lehigh Valley
Sunday, May 2, 2010

Race Start: Bicentennial Park, 5450 Liberto Lane, Bethlehem (East Allen Township)
Race Distance: 5K through the park on macadam and gravel trail
Start Time: 9:30 a.m.
Registration Fee: \$25.00
Registration and Packet Pick-Up: 8:30 a.m. - 9:15 a.m. on the day of the race
Awards: \$50 gift certificate for 1st place male and female; \$20 gift certificate for top runner in each age bracket - male and female - age 19 and under, 20-29, 30-39, 40-49, 50-59, 60+
Amenities: Bathroom facilities, large covered pavilion, live music after the race and playground equipment for the children. Coffee, donuts and fruit for all participants prior to the race. Hot dogs and raffle following the event.
Contact: Janet Bandics - 610.882.2102

Make Checks Payable To: NAMI Lehigh Valley

Mail To: NAMI Lehigh Valley; 802 West Broad Street; Bethlehem, PA 18018-5225

Please Print: Name (Last) (First) (MI)

Address City State

Zip Home Phone E-Mail

Birth Date Age on Race Day Circle One: Male Female

T-Shirt Size (Circle One) XS S M L XL

Release: I know that participating in this event can be potentially hazardous. I enter knowing that I am medically able and have trained for this event. I also assume the risk of running on public roads along with, but not limited to, falls, contact with other participants, weather conditions of roads, with all the risks being known, unknown, and appreciated by me. In accepting this entry, I hereby waive myself and heirs of all rights and claims for damages I may have against any and all sponsors, organizers, East Allen Township, any and all volunteers assisting in the race and the organizations, companies and governments they represent, their agents and representatives arising out of or in the course of my participation in the NAMI Awareness Walk/Run. No refunds. Streets may be open to traffic.

Participant Signature Date

Signature of Parent or Guardian if Under 18 Years

Directions to Bicentennial Park

West Side – Access to Pavilions A & B; Fields 4, 5 & 6

FROM AIRPORT ROAD (Rt. 987) & NOR-BATH BOULEVARD (Rt. 329):

SOUTH on Airport Road (1.6 miles to light at Hanoverville Road)

TURN RIGHT onto Snowdrift Road for 1 block to stop sign

TURN LEFT onto Colony Drive

FOLLOW Colony Drive (approximately 1.4 miles to Park West Lane)

TURN RIGHT into the park, following the driveway to the parking lot

FROM AIRPORT ROAD (Rt. 987) & HANOVERVILLE ROAD:

From HANOVERVILLE ROAD, continue through the traffic light onto SNOWDRIFT ROAD
to stop sign (1 block)

TURN LEFT onto Colony Drive

FOLLOW Colony Drive (approximately 1.4 miles to Park West Lane, sign for Bicentennial Park)

TURN RIGHT into the park, following the driveway into the parking lot

We will be conducting a walk along with the run. Each walker will receive a T-shirt (if registered before April 21st, otherwise only if available) enjoy the food and music and be eligible for a maximum of 3 raffle tickets (one for each loop of the walk). There is no entry fee for the walk, however sponsorships are encouraged with forms available by calling 610-882-2102.