

4th Annual Pumpkin Pie 5K Run & Scenic Walk

Benefiting the Nazareth YMCA

Thursday, November 25, 2010

Start Time: 9:00a.m. at Center Square

Check in begins at 7:30a.m. at the Nazareth YMCA

33 South Main Street, Nazareth, PA 18064

Refreshments, prizes, and awards after the event at the YMCA

Proceeds from this event allow the YMCA to provide services that many cannot obtain or afford elsewhere, building strong kids, strong families, and strong communities.

Information on our scenic, wheel measured course of gentle rolling hills through our historic community is available on our website at <http://www.nazarethymca.org/5K>.

Online registration will be available.

Running Awards

Awards to overall male and Female Winner

Awards to Oldest and Youngest Runner

Awards to top three in each age category

10 & under, 11 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 & over
(no duplication of awards)

Pumpkin Pies to age group winners!

Timed by Pretzel City Sports with results posted online at www.pretzelcitysports.com.

Please complete a separate registration form for each entrant. Please print.

Mail to: Nazareth YMCA, 33 South Main Street, Nazareth, PA 18064

Performance Moisture Wicking Shirts to the first 600 paid registrants.

Name: _____ Phone: _____

Age (as of 11/26/09): _____ DOB: _____ E Mail: _____

Address: _____

Nazareth Y Member: Yes No **T-shirt size:** S M L XL **Gender:** Male Female **Event:** 5K Run 1 Mile Scenic Walk
(dogs and strollers welcome in walk only)

I have enclosed (checks payable to Nazareth YMCA):

_____ \$25.00 for pre-registration, which ends November 16, 2009 _____ \$35.00 for race day registration

Visa, MasterCard, and American Express are accepted by phone (610-759-3440) or fax (610-759-6292)

In consideration for acceptance of this entry and intending to be legally bound hereby, I, on behalf of myself, my heirs, executors and administrators, do hereby release any claim against, but not limited to the Nazareth YMCA, Nazareth Police Association, Nazareth Rotary, the Borough of Nazareth, the Township of Upper Nazareth, all race sponsors, township personnel and all event volunteers and officials. I consent to my picture being taken and displayed in any publication or media format. I CERTIFY THAT I HAVE PROPERLY TRAINED FOR THIS EVENT AND AM IN GOOD PHYSICAL CONDITION. Any questions or comments please contact Amy Nichols 610-759-3440 or amynichols@nazarethymca.org.

Signature: _____ Date: _____

Parent's signature if under 18: _____ Date: _____