

“RUN FOR THE RIBBON” 5K RUN AND 1 MILE WALK



Nancy Run Fire Company, Bethlehem Township, PA
– in cooperation with Northampton Community College
will host a 5K Run And 1 Mile Walk.

Labor Day, September 6, 2010

Beginning at 9:00 AM

Entry Fee & Registration:

Registration Fee is \$20.00 for Runners, \$15.00 for Walkers. Registration includes a race T-shirt. **Note: If you register on race day, T-shirts are limited.**

Race day registration and race packet pick-up begins at 8am in the Registration tent on Northampton Community College Main Campus, 3835 Green Pond Rd, Bethlehem. Pre-registration forms are available online at www.nancyrun.org.

Registration forms may be mailed with a check payable to: Nancy Run 5K, 3564 Easton Ave, Bethlehem, PA 18020. Deadline for Pre-Registration is August 31.

Information:

Questions may be directed to Bill Andress, 610-392-5861. There is plenty of parking on the NCC Main Campus parking lots. The running course start and finish will be at our Kopecek Hall Building. The Run is on paved roads through the lovely campus of Moravian Academy. The Walk is cross country through the partially wooded area of NCC campus. A highlight of our Race will be a visit with the “Guardians of the Ribbon”, a group of firefighters spreading the message of hope and love in Pink Fire Trucks across the country. Following the race, stay and support our “Cares Enough to Wear Pink” and “Pink Heals” cause by signing the Pink Fire Trucks. Enjoy our post-race raffle, music, refreshments and snacks.

*Proceeds of the run will go to benefit the St. Luke’s Cancer Center, Bethlehem, PA.

Volunteers Needed: Please call Bill Andress at 610-392-5861 if you are interested.

Cut and return bottom portion only

Full Name: _____

Date of Birth: _____

Address: _____

Phone: _____

Email: _____

Run or Walk (circle)

T-Shirt Size (circle)

S

M

L

XL

Opt-Out

I verify that I am physically fit and sufficiently trained to participate in this event. In consideration of the acceptance of this entry, I, for myself, my heirs, my executors, and administrators, hereby waive any and all rights and claims for damages, injuries, or losses that I may have against Nancy Run Fire Co., Northampton Community College any and all race officials, as well as any other person, company, or organization connected with the 5K run/1Mile walk, their heirs, executors, administrators, successors and assigns for any and all damages, injuries or losses which I may suffer while taking part in this event or as a result of. I hereby release photographer from all claims and liability relating to said photographs.

Signature: _____

Date: _____

(parent or guardian if under age 18):