

Laughing At My Nightmare, Inc. presents the inaugural

Laughing At My Nightmare 5K Run, Walk and Roll

Sat. June 22, 2013 9AM Bethlehem, PA

Proceeds benefit Laughing at My Nightmare, Inc- supporting Muscular Dystrophy research and promoting positivity while facing life's challenges

LOCATION: East Hills Moravian Church, 1830 Butzown Rd, Bethlehem, PA 18017 Regist./ number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., 1 mile fun run 9:45. Regular short sleeve T-shirt to all pre-entries & race-day entries while they last. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

COURSE: Street, moderately fast- wheel measured, professionally timed course on lightly traveled, but open suburban roads.

AWARDS: 5K: Separate awards for the male and female winners and runner-ups plus:

14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 2F 70+: 1M

ENTRY: 5k: \$25 if postmarked by Sat, June 8, 2013. Afterwards, plus race day, \$30 while shirts last, \$22 when gone. 1 mile fun run: \$15 if postmarked by June 8. Afterwards, inc. day of race, \$20.

DIRECTIONS FROM US 22: Take PA Exit 512 toward Center Street, turn left onto Bath Pike, continue onto Center St. In .3 mi, turn left onto Johnston Dr. In 1.6 mi turn right onto East blvd. In .3 mi take the second left onto Butztown Rd. In .2mi destination will be on right.

DIRECTIONS From Rte 78: Exit at US 33 North. Take the US 22 West Exit. Take US 22 West to Exit 512 toward Center Street, turn left onto Bath Pike, continue onto Center St. In .3 mi, turn left onto Johnston Dr. In 1.6 mi turn right onto East blvd. In .3 mi take the second left onto Butztown Rd. In .2mi destination will be on right.

Optional online registration available on www.pretzelcitysports.com
(nominal processing fee applies, closes the Wed before raceday, at midnight)

MAIL CHECK PAYABLE TO "Laughing at my Nightmare" & FORM BELOW TO: 2732 Lafayette Ave Bethlehem, PA 18017 Race Director: Jon Burcaw: (610) 428-0703, jsbur886@aol.com, www.laughingatmynightmare.com

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one) : S M L XL Email: (print clearly) _____

Already getting Pretzel City emails regularly? ____ Yes ____ No__ Phone: (____) _____ A.M. or P.M.??
circle one or both

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Laughing at my Nightmare, Inc, East Hills Moravian Church any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports and Laughing at my Nightmare, Inc to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 2013