

Bethlen Communities Caring for Our Community 5K

Proceeds Will Benefit Ligonier Valley Meals on Wheels & the Ligonier Valley Food Pantry

Date: 06/10/17

**Time: Race begins at 8:30AM
Registration begins at 7:30AM**

Pre-register by: 05/19/17

**Entry fees:
\$15.00 pre-registered runners
\$20.00 for race day registration**

**Timing Service by Wolf Creek
Track Club**

Bethlen Communities will be collecting donations for the Ligonier Valley Food Pantry on race day. Please consider bringing a canned good or non-perishable item.

Course will begin and end at Weller Field, 422 North Fairfield St, Ligonier. Competitors will run two laps around the stadium and then continue down the Lisa McKenna Trail. Runners will continue to the turn around in order to return to the stadium via the trail and to do one final lap at the stadium to complete the 5K.



Medals Awarded to First, Second and Third Place Category Winners (Overall, Male Overall, and Female Overall).

T-shirts given to those who pre-register.

**For more information or to register
call: 724-238-2235 x31**

Mail form and entry fee to:

Bethlen Communities
125 Kalassay Drive
Ligonier, PA 15658
Attn: Molly Stiles



Bethlen Communities
The Spirit for Living™

Since 1921

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

I know that running or volunteering for a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Caring for Our Communities 5K, the city of Ligonier, and Bethlen Communities, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____