

THE MORNING CALL

ENTRY FORM

18th annual WALK RUN



to benefit **United Way**

SUNDAY, JUNE 5, 2016 • LITTLE LEHIGH PARKWAY

Entry fee includes T-shirt. Entry deadline for this year's t-shirt: May 20, 2016.

Entries received after deadline will be given this year's or previous year's T-shirt, no size guarantee.

Registration day of event: 9:00 a.m. — Event starts: 10:00 a.m.

Walk-ins welcome!

Name of Participant _____ Date of Birth _____

Address _____

Phone _____ Email Address _____

T-Shirt size (circle one): S M L XL XXL child S M L

Make checks payable to: UWGLV

Mail entry form and check to: Melissa Hartney, The Morning Call, 101 North Sixth Street, Allentown. PA 18101

I do not want The Morning Call United Way Committee to release my name and address to Runner's World.

LITTLE LEHIGH PARKWAY

From I-78 West, take the Lehigh Street exit (Exit 57). Stay to the right on the exit ramp. Once on Lehigh Street, move to the left lane. After several traffic lights there is a sign indicating that the left lane goes to 15th Street. At the following traffic light at the Parkway Shopping Center, turn left on to South Jefferson Street. At the bottom of the hill you will see the Parkway entrance on the left (Park Drive). Follow this road to the closed bridge.

From I-78 East, take the Hamilton Blvd./Route 222 exit (exit 54 - three lane sweep!). Go straight on the exit ramp (follow signs for Route 222 North). Make a left at the traffic light at the end of the exit ramp. Follow Hamilton Blvd. for several miles until you reach 15th Street. At the 15th Street traffic light you will turn right (south). Follow across an open grate bridge. Continue up a hill and down the hill. At the bottom of the hill you will see the entrance to Lehigh Parkway (Park Drive). Follow this road to the closed bridge.

From Route 22, take the 15th Street exit. From Route 22 West, make a left at the end of the exit ramp. From Route 22 East, make a right at the end of the exit ramp. Follow this road which turns into 15th Street for several miles (approximately 2 1/4 miles) through center city Allentown. Follow across an open grate bridge. Continue up a hill and down the hill. At the bottom of the hill you will see the entrance to Lehigh Parkway (Park Drive). Follow this road to the closed bridge.

From PA Northeast Extension (Route 476), take Route 22 East to the 15th Street exit. Make a right at the end of the exit ramp. Follow directions (From Route 22) above.

All participants should be aware of the potential health hazards associated with physical exercise. If you have ever had a physical condition that could be adversely affected by physical exercise, please contact your physician before the event. People who smoke, are overweight or have high blood pressure should also consult their physician before engaging in physical exercise. Most of our HMOs offer free or minimum cost physical examinations, this would be a good time to take advantage of this service.

In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damage or injury I may have against The Morning Call, The United Way, their affiliates, their management and employees; and all race officials; the City of Allentown as well as any other person connected with the "Walk/Run," their heirs, executors, administrators, successors and assigns for any and all injuries which I may suffer while taking part in the "Walk/Run" or as a result thereof.

Date _____

Signature _____

If under eighteen (18) years old, signature of legal guardian is required.

Signature _____