

Please support our sponsors!



Special thanks to...

PRETZEL CITY SPORTS
Germansville Fire Police
Heidelberg Township
Northwestern Lehigh School District
Our volunteers!

UpGrade Lifestyle, Inc.
PO Box 44
Trexlerstown, PA 18087-0044



Race for Education
5K and 1 Mile Fun
Run/Walk

Proceeds Benefit:



Sunday, October 3, 2010

9:00AM Fun Run

9:30AM 5K

Technical T-shirts
Great Raffle Prizes
Professionally Timed
Post-Race Snacks





New Tripoli Bank
Because people are more valuable than money.

Race for Education

5K and 1 Mile Fun Run/Walk

- Starts and finishes at the Northwestern Lehigh Middle School – 6636 Northwest Rd., New Tripoli
- Rolling course, paved country roads with beautiful views of the Blue Mountains
- Indoor registration, restrooms and post-race snacks
- Professionally timed by Pretzel City Sports
- Fun Run welcomes families, strollers, dogs
- Training & Lifestyle Plans available from Upgrade Lifestyle, 610-216-1864
marci@upgradelifestyleinc.com
www.upgradelifestyleinc.com

Questions? Want to Volunteer?

Contact Liz Moss
liz@upgradelifestyleinc.com
610-533-1141

5K AWARDS

- Overall Male and Female Top 3
- Age Group Awards Top 3 –U14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- All 5K and Fun Run participants eligible for great raffle prizes!

ENTRY FEES

- On-Line or Mail-In before 9/25:
\$20 Adults
\$10 Children under 12
T-shirts guaranteed

Register online at

www.upgradelifestyleinc.com

or mail to:

Upgrade Lifestyle Inc.
PO Box 44
Trexlerstown, PA 18087

After 9/25:

\$25 Adults

\$15 Children under 12

T-shirts available while supplies last
On-line registration closes 9/30 midnight

RACE-DAY REGISTRATION

7:45-8:45am

Please Print - **Entry Form** - One Per Person

Last Name _____ First Name _____ Male Female

Address _____ City/State/Zip _____

Date of Birth _____ Age on race day _____

Email: _____ Phone _____

Registering for: 5K Run 1 Mile Run/Walk Adult T-shirt Size **S M L XL**

Fee Enclosed \$ _____ (Checks payable to UpGrade Lifestyle, Inc.)

Waiver and Release: I, the undersigned (over age 8) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against UpGrade Lifestyle, Inc. and all other race sponsors for an personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

Signature: _____ **Date:** _____

(If under the age of 18, a parent or guardian's signature is required.)