



Foster Care & Adoption

5TH ANNUAL ROCK N' RUN 4 Kids

Now Including a 10K!

Walk OR Run

Come Out & Have Some Fun

When Saturday, May 21, 2016

8:30 AM – Kids Fun Run

9:00 AM – 5K & 10K

Where Coca-Cola Park

1050 Iron Pigs Way
Allentown, PA 18109

Cost Fun Run: \$15 (kids 12 & under)
5K Walk/Run: \$30/person – \$35 after May 1
10K Walk/Run: \$35/person - \$40 after May 1

Mail-In Registration payable to:
The Salvation Army Children's Services
425 Allentown Drive, Suite 1
Allentown, PA 18109

10K-5K & KIDS FUN RUN

Entertaining Run with Awesome "Inside the Ball Park" Finish

Brand NEW exciting 5K and 10K courses that feature some rolling hills, rockin' musical entertainment along the courses, and a spectacular finish by home plate inside beautiful Coca-Cola Park!

- *T-shirts to all pre-registered runners
- *Age Group Awards
- *Fabulous Door Prizes
- * Mascot Warm Up for the Kids Run & Lots of Fun Kid's Activities
- * Meet & Greet FeRRous the most popular member of the Lehigh Valley IronPigs!
- *Professionally Timed by Pretzel City Sports

Gather Your Friends & Family and Form a Team!

Race Day Registration: Starts at 7:30 am – Cash or Checks only

Online registration available through [active.com](http://www.active.com)

Our Cause: We rely on support from caring individuals like you so we can continue to help rebuild shattered lives and provide hope and strength to foster & adopted children and their families

Pre-Race Packet Pick Up Available

Friday May 20th, 2016 from 4 - 7 pm at
The Salvation Army Children's Services
425 Allentown Drive, Allentown PA 18109
Phone (610) 821-7706

Race Day Packet Pick-Up & Registration

Saturday May 21st, starts at 7:30 am @ Coca-Cola Park

✂ Detach and return this portion.

ENTRY FORM

Sex: M F Participating in: 5K 10K Fun Run

Name: _____ Age on race day: _____ Date of Birth: _____

Street: _____ Phone: _____

City / State / Zip: _____ Email: _____

Consent and Waiver: I hereby declare myself in good physical condition and able to run or walk in the 2016 Rock N' Run 5K, 10K or Fun Run. I do hereby waive and release the individuals associated with this event, its agencies, representatives, successors, and assigns from any claims for damages of any nature, including personal injury that I may incur as a result of my participation.

Print name: _____ Signature: _____

Date Signed: _____ Signature of legal guardian if participant is under 18 years of age: _____

T-Shirt Size (Circle one) Youth: S M L Adult: S M L XL XXL (Please use separate entry form for each 5K, 10K or Fun Run participant.)

Visit www.rocknrun4kids.com to download your fundraising pledge form, for additional event details and team registration info.

Age Divisions: 14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+