

Registration Form

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age: (on race day) _____ School _____

Gender: (circle) M F

T-shirt size: (circle)

YS YM YL YXL AS AM AL

Ages 6-8 (1/2 mile run, 1 mile bike)

Ages 9-11 (1/2 mile run, 2 mile bike)

Ages 12-14 (1 mile run, 4 mile bike)

Timing for ages 12-14 only

Pre-Registration \$20 entrance fee

All children will receive a free race shirt and medal! Late registration after June 28th- \$5 mailing fee or pick up at The Caring Place

Run the Course, timed \$10 fee

(Adults & Teens 15+up & strollers) No shirt/no medal - just fun!

Kids Fun Run 5 & under, \$10 optional shirt/medal

*I am including additional fundraising money \$ _____

I am sponsoring a child from the Caring Place (\$20)

I would like to volunteer - free shirt while supplies last

How did you learn about this race? _____

Please make checks payable to: The Caring Place

Total: Mail to: Race for The Caring Place

c/o Gail Micca
7333 Portland Court
Allentown, PA 18106

\$ _____

Waiver - Read and sign below:

I hereby waive any and all claims against Bob Rodale Cycle and Fitness Park, Lehigh County Parks, The Caring Place, all sponsors and personnel involved in the "Race for The Caring Place" for any injury that my child might suffer at this event or any damage or property loss that might occur. I attest that my child is physically fit and prepared to participate in this event. I verify that my child is covered under a medical insurance plan. I am aware that my name/address may be made available to other organizations related to this event. I grant full permission for participating organizations to use photographs of my child in promotions of future events for this cause.

Signature of

Parent _____ Date _____

Gail Micca, Race Director
7333 Portland Court
Allentown, PA 18106

FIRST ANNUAL Kids Duathlon

(Run/Bike)



Race



The Caring Place

Youth Development Center



FRIDAY, July 9th, 2010

Arrive 4PM

Races start at 5pm

Rain or Shine



Bob Rodale Cycle and Fitness Park
1148 Mosser Road
Trexlerstown, PA

After the race, enjoy face painting, live music and exciting Professional and Jr. National races across the street at the Valley Preferred Cycling Center in Trexlerstown!
Free admission for all race participants.