

9th Annual



# ROCK N' RUN

5K Run ★ 10K Run ★ 5K Walk ★ Kids Fun Run

**Saturday, May 23, 2020**  
**@Coca-Cola Park**

1050 Iron Pigs Way, Allentown

**rocknrun4kids.com**

**5K & 10K courses with rolling hills, rocking music, and a spectacular home plate finish!**

**Kids Fun Run features a warm-up with mascots and a course that circles the playing field!**

**5K** Start time: 9:05 a.m. (run); 9:10 a.m. (walk)  
Reg Fee: \$30 before May 1/\$35 after May 1

**10K** Start time: 9:00 a.m.  
Reg Fee: \$35 before May 1/\$40 after May 1

**Kids Fun Run** Start time: 8:30 a.m.  
Reg Fee: \$15 (kids 12 & under)

**Collect \$100 in donations for a registration fee refund! Great prize for the top fundraiser!**

**Pre-Race Packet Pick-Up** May 22 from 4-7 pm @ The Salvation Army Children's Services, 2200 Hamilton St., Suite 200, Allentown 18104, 610-821-7706

**Race Day Registration & Packet Pick-Up** Begins 7:30 am  
Saturday, May 23  
@ Coca-Cola Park

- Live music along the course
- Superhero theme - costumes encouraged!
- Chip timing by Bryn Mawr Racing Company
- T-shirts for runners registered before May 1
- Kids activities and family fun
- Team spirit award for the largest team
- After party filled with live music

**Register online at [runsignup.com](https://runsignup.com)**



Sign up for Tail on the Trail!  
<https://tailonthetrail.org>



**FOSTER care.**  
**& ADOPTION**

All funds raised benefit our work to support those impacted by foster care. With your help, we can continue to help rebuild shattered lives and provide a bright future for the children and families we serve. Thank you!



Name: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Sex: ☐ M ☐ F

Street: \_\_\_\_\_

Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Team Name: \_\_\_\_\_

Participating in: ☐ 5K ☐ 10K ☐ 5K Walk ☐ Kids Fun Run

Consent and Waiver: I hereby declare myself in good physical condition and able to run or walk in the 2020 Rock N' Run 5K, 10K, 5K Walk or Kids Fun Run. I do hereby waive and release the individuals associated with this event, its agencies, representatives, successors, and assigns from any claims for damage of any nature, including personal injury that I may incur as a result of my participation.

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date Signed: \_\_\_\_\_

Signature of legal guardian ( if participant is under 18 years of age): \_\_\_\_\_

T-Shirt Size (circle) Youth: S M L Adult: S M L XL XXL

Age Divisions: 13 & Under; 14-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

RNR2020