



4D Super Hero Dash 5K/10K/1-Mile Walk

Proceeds benefit Muscular Dystrophy Association

Saturday, June 9, 2018 9:00 AM Lebanon, PA

LOCATION: Fire Station One – 8th and Orange Streets, Lebanon, PA 17042

REGISTRATION

5K/1-Mile walk EARLY BIRD \$20.00 By April 7 \$25.00 April 8 – June 1 \$30.00 June 2 – Race Day	Virtual \$20.00 Anytime	10K EARLY BIRD \$30.00 By April 7 \$35.00 April 8 – June 1 \$40.00 June 2 – Race Day
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MAIL-IN REGISTRATIONS MUST BE POSTMARKED BY MAY 5, 2018

GUARANTEE SHIRT-REGISTRATION MUST BE POSTMARKED or ONLINE BY MAY 5th

SCHEDULE: 7:00–8:15 a.m.	Registration/Package Pick-up
8:40 a.m.	TBA
9:00 a.m.	10K Run begins
9:05 a.m.	5K Run begins
9:10 a.m.	1 Mile Walk begins
10:15 a.m.	Awards

COURSE: The 3.1-mile race will be on a paved trail and through a paved park,
The 6.2 mile race will continue on the Rails to Trails
Wheel-measured course with professional timing by Bryn Mawr Running Company

AWARDS: Medals will be presented to top 3 male and female finishers in these age categories: <13, 14–19, 20–29, 30–39, 40–49, 50–59, & 60+

PARKING: Along South 8th St., up the hill toward Lebanon High School or the school parking lot.

PAYMENT: Make check payable to: “4D Mission” and mail to:
4D Mission, P.O. Box 490, Jonestown, PA 17038
Any questions, contact Dee Gerber at 717-821-3969 email: 4DMission@gmail.com

~~~~~Please Print Clearly~~~~~

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

How did you hear about the race? Previous participant Race website 4D website Facebook Other \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_ Date of birth \_\_\_/\_\_\_/\_\_\_ Race day age: \_\_\_\_\_ Check one: **10K 5K RACE 1-MILE WALK VIRTUAL\***

\*Virtual = receive t-shirt and medal!

Shirt Size (circle one): S M L XL 2XL **3XL Please add additional \$5.00**

Email \_\_\_\_\_@\_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running including but not limited to: falls, contact with other participants, effects of the weather including high heat and/or humidity, dehydration, traffic, ice and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the City of Lebanon; Lebanon Professional Firefighters, 4D Mission, MDA, Lebanon Rails to Trails, South Lebanon Township, and all sponsors, race directors, their agents, servants and volunteers, their representatives and successors from all claims or liabilities of any kind associated with this event. I grant permission to all the foregoing to use any photographs, pictures, recordings, and any other record of this event for any legitimate purposes.

**I HAVE READ AND UNDERSTAND THIS WAIVER:**

Signature \_\_\_\_\_ (if under 18, legal guardian must sign) Date \_\_\_/\_\_\_/\_\_\_