



MONROEVILLE LIONS CLUB
“4TH of July 4K 4 Sight”
Proceeds benefit the vision-impaired

Run 4 Fun and 4 Exercise, Then Stay 4 the Parade !!

DATE: Thursday , July 4, 2019 --- Start Time: 8:40 AM

Starting Location: Stroschein Rd at Wm. Penn Highway (Rt 22 at Miracle Mile)
Registration and Check In at PNC Mortgage Lot next to Petco on Stroschein Rd- 7:30 Start
*** Parade Route -Slightly downhill from Miracle Mile Center (Stroschein) to Monroeville Mall**

RACE AWARDS: Awards will be presented to the top 3 male and female 4K finishers overall. Also, 4K male and female age groups winners and others as noted below. No duplication.

Age Groups- Run: 1st Place Only: M&F(10 & under, 11-14, 15-19), F46-49, M 66-69, F 60-69, F 70+,M80+
1st, 2nd, & 3rd Places: M&F(20-29, 30-39), M40-44, M45-49, F40-45, F50-59, M50-54, M55-59, M 60-65, M70+

REGISTRATION: Runners: \$20.00 - Pre-registered if by June 23.
(Non-refundable fees) \$25.00 after June 22 and up through Race Day

T-SHIRTS: Guaranteed to the 1st 140 Pre-registered runners
 • Check out: <http://RunForSight.org/>

Online Registration at RunSignUp.com/race/pa/Monroeville/Lions4thOfJuly4K4Sight or mail to Tom Leax, 304 Shalimar Ct, Monroeville, 15146, or e-mail:monroevillelion@gmail.com

PARKING: Take into account that the race starts at Miracle Mile and ends at Monroeville Mall. It would probably be best to park (legally) somewhere along Monroeville Blvd between Eat ‘N Park and the Municipal Bldg. Then walk to Eat ‘N Park and come down Stroschein to staging area at PNC Mortgage. Consider the Monroeville One Office lot across the Rt. 22 overpass, or other closed businesses within easy walking distance of both the start and finish.

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Waiver

I certify that I am physically fit and have trained for this event. I, intending to be legally bound, do hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, waive and release any and all claims for damages that may accrue against all sponsors, agents, and all municipalities, individuals and organizations involved in the race from any and all claims for damages of any kind or nature whatsoever, foreseen or unforeseen. I will assume my own medical and emergency expenses in the event of any accident, incapacity, or injury resulting from my participation. I also release any photos of this event for any purpose. I know entry fees are not refundable for any reason.

Name _____ **Age** _____ **SEX** **M** **F**

Address _____ **City** _____ **State** _____ **Zip** _____
 _____ **4K Run**

Phone No. (_____) _____ **T-Shirt Size** **S** **M** **LG** **XL**

Optional: email address for notification of future races _____

Signature _____ **By Parent or Guardian if Applicant is under 18**