



MONROEVILLE LIONS CLUB "4K 4 Sight"

Tuesday, 4TH of July , 2023

Nominal 4K (2.3 mi)Run on lower part of Monroeville Parade Route

- Check out: <http://RunForSight.org/>

Proceeds benefit the visially-impaired

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

DATE: Saturday , July 4, 2023 --- Start Time: 8:30 AM

Starting and Ending Location: Behind the Monroeville Convention Center (Read about parking below)

Registration and Check In - 7:15 Start Start may be delayed slightly if route not ready

*** Lower Part of Parade Route - out to Sheets on Rt 22 and back to rear of Convention Center**

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. No awards assigned to those finishing more than 40 minutes after start.

Age Groups- 1st Place Only: M&F(10 & under, 11-14, 15-19), F46-49, M 66-69, F 60-69, F 70+

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 Fees: Runners: \$25.00 - Pre-registered if by June 27.

(Non-refundable fees) \$30.00 after June 26 and up through Race Day

Checks payable to Monroeville Lions Foundation, but online registration preferred

T-SHIRTS Guaranteed to the 1st 80 Pre-registered runners

Online Registration at RunSignUp.com/race/pa/Monroeville/Run4SightLions

or mail to John Aiken, 130 Hidden Valley Rd, Monroeville, 15146, or e-mail:

monroevillelion@gmail.com

PARKING: Should find ample parking at or near the At Home store, in Mall lot near road, or at Dunham's lot if coming from Pittsburgh

Stay to watch the Parade!

Cut here ----- Cut

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. **Race organizers reserve right to remove slow participants that will not finish in 40 minutes from start time.**

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

Address _____ **City** _____ **State** _____ **Zip** _____

_____ **4K Run** Checks payable to Monroeville Lions Foundation

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**