

# Relay Information

## Registration

Each team may consist of 5 members. **If you dare, try the race with less than 5 runners!** (same team price). Early registration fee is \$75 per team, \$25 per runner for the Iron Division and must be received by July 1. Registrations received after that date will be \$90 per team and \$30 per runner for the Iron Division.

## Relay Race Legs

The race will start at Canal Park in Allentown and will finish at Riverside Park in Easton. Race legs vary in length from 3.38 to 5.08 miles, and will be accurately wheel-measured. A map of the running course, with exact exchange points, will be included in your confirmation letter.

## Substitutions

Substitutions are permitted. A complete entry form stating which team you represent and who you are replacing must be signed and submitted to the American Red Cross prior to pickup of race packets.

## Safety

Runner safety is always our objective. Please exercise caution at all times. Water stops will be set up midway through each race leg and at exchanges.

## Race Packets

Packets may be picked up at the American Red Cross, 2200 Avenue A in Bethlehem.

**Thursday, July 12**

**Friday, July 13**

from noon to 8 p.m.

from 8 a.m. to 5 p.m.

Packets not picked up will be available at the start line.

## Directions to the start

**From I-78:** Take exit 16 from eastbound; take exit 16B from westbound. Follow Route 222 North (Hamilton Blvd.). Proceed through Allentown 4.8 miles; bear right over bridge. After crossing bridge, turn right onto Bradford Street (Beav's Repair is on the right.) Proceed to stop sign; turn right. Park is across the railroad tracks.

**From Route 22:** Exit at Airport Road South. Turn right and proceed 1.9 miles to Hanover Avenue. Turn right at light onto Hanover Avenue. Proceed .8 miles. Turn right onto Albert Street. At first stop sign, bear right and cross over railroad tracks to the parking lot of Canal Park.

## Transportation

Each team must provide their own transportation. Accurate directions will be provided to all team captains which will include instructions for locations and parking at exchange points. Most of the run is on towpaths or bike paths which are closed to vehicular traffic.

**IRON DIVISION PARTICIPANTS:** There will be ONLY ONE scheduled transport back to the start line, immediately following the awards ceremony. If you would like to take advantage of this ride, you MUST PRE-REGISTER on your registration form.

## Awards and Amenities

Award ceremony will begin at approximately 10:30 a.m. Awards are presented to the top three teams in each division. Special awards will be presented to the team with the "Most Creative Name" and to the "Best Dressed" team. Each runner will receive a T-shirt. Food and beverages will be provided at the finish line.

# Team Divisions

- Women's Open (any age)
- Men's Open (any age)
- Mixed Open (any age)
- Corporate Women's Open (any age)
- Corporate Men's Open (any age)
- Corporate Mixed (any age)
- Women's Sub-Masters (min. age 30)
- Men's Sub-Masters (min. age 30)
- Mixed Sub-Masters (min. age 30)
- Women's Masters (min. age 40)
- Men's Masters (min. age 40)
- Mixed Masters (min. age 40)
- Women's Grand Masters (min. age 50)
- Men's Grand Masters (min. age 50)
- Race Sponsor
- Family
- City Resident (all team members must reside in the same city or municipality)
- High School (Class of '01 or younger)

All mixed teams must consist of at least two female members.

## Tell us about your team!

If you have a unique situation, call (610) 865-4400, ext. 259.

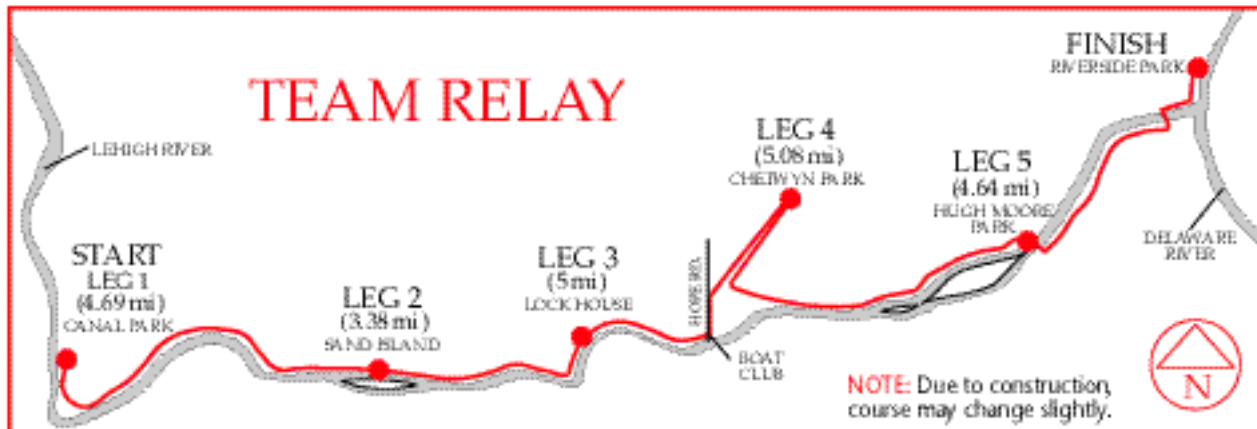
## Iron Divisions

This is for any person who desires the challenge of running the full 23-mile course on his or her own.

- Iron Male
- Iron Masters Male (min. age 40)
- Iron Female
- Iron Masters Female (min. age 40)

All Iron Runner Finishers will receive a medal.

For more information, call (610) 865-4400, ext. 259. Completed applications can be faxed to (610) 865-5871. [www.redcrosslv.org](http://www.redcrosslv.org) • E-mail: [yanderst@usa.redcross.org](mailto:yanderst@usa.redcross.org)



# Entry Form

Each individual participant **must** fill out all of the following information and sign the release below.

Captains are responsible for collecting all participants' entry forms and mailing them to the **American Red Cross, Lehigh Valley Chapter, 2200 Avenue A, Bethlehem, PA 18017-2181** along with the full amount for registration. Early registration is \$75 per team, \$25 per runner for the Iron Division and **must be received by July 1**. Registrations received after that date will be \$90 per team and \$30 per runner for the Iron Division. Make checks payable to American Red Cross. *This form may be photocopied.* **There will be no registrations accepted the day of the race.**

Name \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Shirt Size  M  L  XL

Division \_\_\_\_\_

Team Name \_\_\_\_\_  
(be creative)

Name of Company \_\_\_\_\_

Team Captain's Name \_\_\_\_\_

Iron Runner transport requested?  Yes  No

Amount enclosed \$ \_\_\_\_\_

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 also know that, although course supervision will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather and the condition of the roads, all such risks being known and appreciated by me.

In consideration of accepting this entry, I hereby waive myself, my heirs, administrators and assigns and release any and all rights and claims for damages of any nature I may have against the Lehigh Valley Chapter of the American Red Cross and any organizations connected with this event, their representatives, successors and assigns arising out of, or in the course of, my participation in the Lehigh River Relay Run.

Signature of Participant \_\_\_\_\_

Date \_\_\_\_\_

# 2000 Sponsors included:



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Special thanks to:

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Benefits the American Red Cross, Lehigh Valley Chapter

# 11th Annual



## Lehigh River Relay Run

A 23-Mile Team Relay from Allentown's Canal Park to Easton's Riverside Park

### Sunday, July 15, 2001

Start Times:

6:45am Iron Division      7:00am Team Divisions

\$75 per team, up to 5 runners per team  
\$25 per Iron Division runner

For information call  
(610) 865-4400, ext. 259

Benefiting



## American Red Cross

Lehigh Valley Chapter

www.redcrossiv.org