



SUBURBAN NORTH BRANCH, RIVER CROSSING YMCA

FALL 5K on the D&L Trail

North Catasauqua/Northampton

We are excited to announce a new location for our 5K. This year's event will take place at the newly constructed D&L Trail in North Catasauqua and into Northampton. This program supports our Y's mission work. Our event is held in memory of Debbie Linton, a standout Catasauqua High School athlete who fought a brave battle against breast cancer. Runners will participate in a 5K Run, while walkers will walk 1 mile (4 times around the North Catasauqua Playground). **Awards and Picnic will be held at the North Catasauqua Pavilion.**

Date: **Saturday, October 12, 2024**

Location: **D&L Trail in North Catasauqua**

Register at: Suburban North branch, River Crossing YMCA
880 Walnut Street, Catasauqua, PA 18032
(P) 610 265 5221 (W) gv-ymca.org

Time: 8:00 AM Day of Registration Opens
9:00 AM 5K
11:00 AM Walk

Awards: First Place Overall Male & Female; Top 3 Male & Female by Age Group

Please complete a separate registration form for each entrant. Please remit to: Greater Valley YMCA, Suburban North branch, River Crossing YMCA, 880 Walnut Street, Catasauqua, PA 18032

PARTICIPANT REGISTRATION INFORMATION

FULL NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ E-MAIL ADDRESS: _____

T-shirts are only guaranteed for those who register for the 5K or Walk before **September 20, 2024**

Circle Size: S M L XL 2XL

_____ \$25 (up to 9/20/24) _____ \$30 (9/21/24 to race day)

In consideration for acceptance of this entry and intending to be legally bound hereby, I, on behalf of myself, my heirs, executors and administrators, do hereby release any claim against, but not limited to Suburban North branch, River Crossing YMCA, North Catasauqua Playground and D&L Trail, all race sponsors, and all event volunteers. I consent to my picture being taken and displayed in any publication or media format and my email address may be used to send me notifications about next year's event. I CERTIFY THAT I HAVE PROPERLY TRAINED FOR THIS EVENT AND AM IN GOOD PHYSICAL CONDITION. There are no refunds given.

Participant Signature: _____ Date: _____

Parent/Guardian Signature if Under 18: _____ Date: _____

Questions or comments? Please contact Melissabrown@gv-ymca.org

**THANK YOU
TO OUR RACE
SERIES SPONSORS**

