

Doug Williams Memorial

5K Run | Walk | Fun Run

Saturday, March 31, 2012

Join Push The Rock and Livin' the Dream  
for the Doug Williams Memorial  
5K Run, Walk, & Fun Run  
at the Lehigh Parkway in Allentown



P.O. Box 95,  
Emmaus, PA 18049

Email: [info@pushtherock.org](mailto:info@pushtherock.org)  
Phone: 610-967-6861  
Fax: 610-967-5140  
[www.pushtherock.org](http://www.pushtherock.org)

# Doug Williams Memorial

5K Run | Walk | Fun Run

presented by



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# Doug Williams Memorial

5K Run

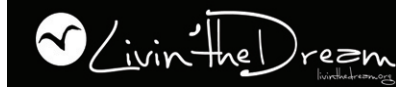
Walk

Fun Run



presented by

and



in the Lehigh Parkway, Allentown  
Saturday, March 31, 2012

## Information

### Entry Fee:

\$20 pre-race day  
\$25 race day  
\$5 Kids (12 and under)

### Amenities:

T-shirt  
Goodie Bag  
Post Race Refreshments

### Race Results:

PeakRace.com

### Awards: (Runners)

1st and 2nd overall  
male and female  
Top 2 men and women from  
each division:  
12 and under, 13-19, 20-29,  
30-39, 40-49, 50-59, 60+

## Schedule

### Date:

Saturday, March 31, 2012

### Location:

Lehigh Parkway, Allentown  
Use 15th Street Entrance

### Time:

**9:00 am**  
Race Day Registration  
**9:30 am**  
Fun Run - ages 12 and under  
**10:00 am**  
Walk  
**10:30 am**  
5K Run

### Awards ceremony

Immediately following race

Online registration at [pushtherock.org](http://pushtherock.org)

This race will be dedicated to the memory of Doug Williams who passed away in December of 2011. Doug was a loving husband, father, an avid runner, and a follower of Jesus Christ. He was a supporter of Push The Rock and more importantly an essential part of the development and planning of the first race that was held in April of 2011. With his passion and insight, our first race was a great success with over 100 total participants. It is our hope that Push The Rock can honor his memory each year with a race that not only promotes his love for running, but his strong desire to help others. Proceeds from this race directly impact the lives of children both locally and internationally through our sports programs.

## Registration Form

- Fun Run - 12 and under  
 5K Run  
 Walk

Online registration  
available at  
[www.pushtherock.org](http://www.pushtherock.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Gender (check one)  M  F

**T-Shirt Size:** (guaranteed if registered by March 20th)

Youth  S  M  L Adult  S  M  L  XL  XXL

## Payment

Enclosed is my check for \$ \_\_\_\_\_

Please make checks payable to Push The Rock.

Mail to: Push The Rock, P.O. Box 95, Emmaus, PA 18049

### WAIVER: Must be signed by all entrants.

With my signature, I acknowledge that running and walking can be an inherently strenuous activity and that no event is without risk. I hereby waive all claims against Push The Rock, all race sponsors, officials, volunteers and any personnel functioning with respect to the event for any injury, accidents, or physical conditions I might suffer in this event. I grant full permission for organizers to use my name and photographs or other record of my participation in this event for Push The Rock promotional purposes.

\_\_\_\_\_  
Signature of Participant (parent or guardian if under 18)

\_\_\_\_\_  
Date