



04/27/08 (Sunday) – Lehigh Valley Half Marathon & 5k – Allen High School – Allentown, PA

Location: Allen High School - Allentown, PA

Registration Time: 7:30- 8:45 AM

Race Start Time: 8 AM for half marathon, 8:15 AM for 5k

Race amenities include: personalized bib numbers, chip timing, hear ten live bands along race route, hydration stations with Gatorade Endurance Formula, water, gels and energy bars, long-sleeve technical shirt, unique finisher's medal, stadium finish, post race shower.

Course Description: Join over 4,000 participants from across the globe to run in the scenic Lehigh Valley in Pennsylvania. This event is one of the most memorable in the country. The course is closed to traffic and you'll enjoy live music throughout the race, which takes you through a covered bridge and over a few rolling hills in the beautiful Lehigh Parkway.

LACE 'EM UP PARTICIPANTS		
Chris C.	Steph L.	Amy M.
Brian O.	Kristin R.	

TO JOIN IN PLEASE CONTACT: Steph Lukens @ sjjhs@comcast.net