

The Pagoda Pacers A.C., Reading, PA is Proud to Present the 31th Annual

Grings Mill Run

5k & 10K Races

& 1 Mile Kids Run (12 & under)

Sunday, August 3, 2008 9:00 A.M

“Pennsylvania’s Prettiest Race”

LOCATION: Grings Mill Park (across from Penn State Berks), Tulpehocken Rd, Reading, PA
Regist./ number pickup opens at 7:30 a.m. 5k/10k starts at 9:00 a.m., fun race at 10:00. Choice of tank top or regular T to all pre-entries & race-day entries while they last. Clock at finish, refreshments, mile splits, instant results. Finish on historic stone bridge over spillway. Rain or shine.

COURSE: Possibly one of America’s fastest 5k/10k courses! 99.9% flat & Zero Traffic; VERY scenic course!!! GREAT place to PR! **BONUS:** no need to decide which event you want to do now; make your decision on the day of the race when you know better how hot it is, how fit you are, etc!

ENTRY: ALL PRE-REGISTERED RUNNERS RECEIVE FREE PAIR OF BELEGA SOCKS
5k/10k: \$18 if postmarked by July 21, 2008. Afterwards, inc. race day, \$23 while shirts last, \$17 when gone. These are GREAT looking T-Shirts with no ads on the back of them. Finally a raceshirt you’ll actually wear!!, PLUS, you can choose between 2 types of shirts!!! But only a limited number are available on race day so get your apps in early! No refunds or mailed awards.

Kids Run: \$3 if postmarked by July 21st. Afterwards, inc. day of race, \$5. Race day reg for kids run to be **CLOSED** once we have as many kids entries as we have grab bags so preregister if possible. Please **Note:** Kids participating in both the 5k & fun run must enter twice

MAIL CHECK PAYABLE TO “Pagoda Pacers A.C.” & FORM BELOW TO: Jason Manbeck, 18 Weiser Ct, Womelsdorf, PA 19567. Race Director: Jason Manbeck: (610) 413-7822 (P.M).gringsmillrun@gmail.com,

Last name _____ First name _____

Address _____ City _____

State _____ Zip _____ Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Type (circle one): Tank Top Regular T-shirt Shirt Size (circle one): S M L XL

Sock Size(circle one): S M L XL

Phone: (____) _____ A.M.? ____ PM? ____ Both? ____

Email: _____@_____

Already getting Runner Update emails regularly? ____ Yes ____ No

Please print clearly

Sign back of waiver

Application May be Duplicated

**AWARDS: SPONSERED BY: A RUNNING START \$50 GIFT CARD TO TOP MALE AND FEMALE
\$25 GIFT CARD TO 2ND MALE AND FEMALE**

**AGE GROUPS: 5K: Top 2 Male and Female finishers plus: 14 & under: 3M, 3F 15-19: 5M, 3F
20-29: 6M, 4F 30-39: 6M, 4F 40-49: 6M, 4F 50-59: 6M, 4F 60 -69: 4M, 3F 70+: 2M, 1F**

**10K: Top 2 Male and Female Finishers plus: 18 & under: 3M, 3F 19-29: 5M, 3F
30-39 5M, 3F 40-49: 5M, 3F 50-59: 5M, 3F 60 & over: 3M, 2F**

1M Kids Fun Race for 12 yrs old & under: Top Male & Female overall plus grab bags to all finishers

OTHER IMPORTANT INFORMATION:

- . **No pets or alcoholic beverages are allowed in the Berks County Parks System.**
- . **Park contains picnic facilities, tennis, volleyball, playground, etc.**
- . **Event held rain or shine but if the weather gets mega-weird, call the Pagoda Pacer hotline at (610) 375-1903 to confirm that the event is not being postponed.**
- . **Races will start promptly so please arrive early; do reserve the right to delay start if lightening.**
- . **Computerized results on www.pagodapacers.com within several days after event**

DIRECTIONS: On Rt. 222, northwest of Reading, take the Broadcasting Road exit. At the end of the exit, turn toward Penn State Berks but DO NOT enter the campus; stay on Broadcasting Rd instead. When it ends at the creek, turn right onto Tulpehocken Rd. Go 300 yards to Park entrance on left.

For People from North (Allentown, Coal Region, etc.): You'll get to the exit on Rt 222 South before every reaching Reading "proper"

For People from East (Pottstown, Phila, etc.): You'll pass Reading itself on Rt 422 before merging into Rt 222 north; exit is 1 mile further.

For People from West & Southwest (Lancaster, York, Lebanon): The new Rt 222 north Bypass doesn't even take you past Reading anymore; take Rt 222 north toward Allentown; exit is 1 mile past Berkshire Mall.

Timing Provided by Pretzel City Sports

Insurance Provided by Road Runners Club of America

On-line Registration Available at WWW.PRETZELCITYSPORTS.COM

WAIVER: 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 there could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge The Road Runners Club of America, The Pagoda Pacers A.C., The Berks County Parks and Recreation Department, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever arising out of or in the course of, my participation in this event. This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they see fit with out my review, restriction, or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature _____

date ____/____/ 2008