



Pottstown YMCA 9th Annual Spring Forward 5k



Date & Time: **Saturday, April 10, 2010**
Registration, 8:30 – 9:30 AM, Run & Walk, 10:00 AM, rain or shine.

Course: This flat course runs through the streets of the northern portion of town, starting and finishing at the Pottstown YMCA. Timing provided by PretzelCitySports.com.

Location: The Pottstown YMCA is located at the intersection of Adams and Jackson Streets in Pottstown, PA. Parking is available and car-pooling is recommended to minimize the traffic in the area. Directions are printed on the rear of this form, or contact the Pottstown YMCA for directions at 610-323-7300.

Entry Fee: \$15 single entry, early registration, post marked by March 26, 2010
\$20 per person after March 26, 2010, or on race day
SPECIAL GROUP RATE until March 26, 2010 only – 4 Registrations at the same time for \$50 total,
\$10 more for each additional person for groups more than 4

Free race tee shirts for first 250 participants - door prizes – refreshments - awards

Charity Benefit: Pottstown YMCA *Y Partners* Financial Assistance Program

Mail to: Pottstown YMCA, 724 N. Adams Street, Pottstown, PA 19464
Do not mail after March 26, 2010 – Contact YMCA. NO REFUNDS.

Checks Payable to: **Pottstown YMCA**

YMCA Contact: Kim Gray - 610-323-7300, ext 19 or kgray@fvymca.org

Awards: Top 3 male and female overall winners, and top 3 male and female in the following age groups:
(9 & under, 10-12, 13-15, 16-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over)
Team Awards for top 3 teams – notify race director on race day with your team name and runners.
(5 people per team – must be co-ed – NO EXTRA COST)

STANDARD ATHLETE’S ENTRY BLANK AND RELEASE FORM

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Pottstown YMCA, a branch of the Freedom Valley YMCA, PENN-DOT, the Borough of Pottstown, the organizers and any and all sponsors and their representatives, successors and assigns for any and all injuries suffered by me and/or damages or loss of property in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed Medical Doctor.

Signature _____ Date _____

Parent’s signature if under 18 years _____ T-shirt size: S M L XL

Last Name (please print) _____ First Name _____

Age on race day _____ Birth Date _____ Sex _____ Phone _____

Mailing Address (street, city, state, zip – include apt. #) _____

Email Address: _____

Directions to Pottstown YMCA 724 North Adams Street, Pottstown, PA 19464 610-323-7300

From points West: From Reading take:

- ✓ Route 422 East to 422 Pottstown Bypass (about 30 minutes). Bypass will bear to the right.
- ✓ Stay on 422 Bypass until the Armand Hammer Exit, bear right to the light at Armand Hammer Boulevard. At the light make a left onto Armand Hammer Boulevard.
- ✓ Continue straight at the next light, past the Home Depot on your left; straight at the next light past medical office complex on your right, the last light will be High Street & Armand Hammer Boulevard. (Pottstown Memorial Medical Center will be on your right.)
- ✓ Make a left on High Street. Go one block to light at High & Beech Streets. Make a right on Beech Street. Stay on Beech Street for 5-6 blocks, there will be a Y in the road, bear to your right – onto Jackson Street.
- ✓ Stay on Jackson until your first traffic light, Adams & Jackson Streets. Turn left on Adams Street, the YMCA is on your left. (you are not more than 2 minutes from the hospital).

From points East:

- ✓ Schuylkill Expressway west to Exit 26B (202 south, West Chester) go to
- ✓ Route 422 West about 20-25 minutes to the Armand Hammer Exit, bear right off the exit onto Armand Hammer Boulevard.
- ✓ Continue straight at the next light, past the Home Depot on your left; straight at the next light past medical office complex on your right, the last light will be High Street & Armand Hammer Boulevard. (Pottstown Memorial Medical Center will be on your right.)
- ✓ Make a left on High Street. Go one block to light at High & Beech Streets. Make a right on Beech Street. Stay on Beech Street for 5-6 blocks, there will be a Y in the road, bear to your right – onto Jackson Street.
- ✓ Stay on Jackson until your first traffic light, Adams & Jackson Streets. Turn left on Adams Street, the YMCA is on your left. (you are not more than 2 minutes from the hospital).

From points North: (From Allentown about 45 – 50 minutes)

- ✓ Route 100 South to State Street (traffic light, Pottstown Plaza will be just past the light on the left).
- ✓ Make left at State Street light, the next light will be State and Wilson Streets. Make a left onto Wilson Street and go straight at the light at Farmington Avenue, Straight at the light at Hanover Street, Straight at the light at Charlotte Street.
- ✓ The YMCA is at the next traffic light. Turn right onto Adams Street, the YMCA in on your left.

From points South: (From Exton about 30 minutes)

- ✓ Route 100 North to State Street (traffic light, Pottstown Plaza will be on the right).
- ✓ Make right at State Street light, the next light will be State and Wilson Streets. Make a left onto Wilson Street and go straight at the light at Farmington Avenue, Straight at the light at Hanover Street, Straight at the light at Charlotte Street.
- ✓ The YMCA is at the next traffic light. Turn right onto Adams Street, the YMCA in on your left.