



Presents the 25th Annual Reading, PA

# Kris Kringle 5 Mile Run

## Sunday, December 18, 2011 11 am

### Benefits the Berks County Cross Country Coaches Association

**Location and Registration:** St. Joseph Medical Center, 2500 Bernville Rd (just south of Rt 183 exit of Rt 222) in Reading, PA. Registration opens at 9:30am in cafeteria.

**Fast Course:** Mostly flat w/small hill near end. Begins behind St. Joseph Hospital, goes out/back Union Canal Bike Path & returns to St Joes. Post-race grub such as Way-Har homemade Ice Cream and Godiva Chocolate!

#### **Individual Awards Plus Team Competitions Too!**

**High School Team Competition:** No additional cost. Unlimited roster (must include at least 1 female). First female and two other fastest runners count toward points. Awards based on cross country scoring (15<sup>th</sup> place earns 15 points, 60<sup>th</sup> place earns 60 points, etc.). Awards to scoring members of team. Team members are also eligible for age group awards. If you are not signed up on a team you will not be included!

**Alumni/School District Team Competition:** No additional cost. Unlimited roster (must include at least 1 female). All runners must either be alumni of the same school district or currently live in that school district. A combination of alumni and residents is allowed. HONOR SYSTEM!!! First female and two other fastest runners count toward points. Awards based on cross country scoring (15<sup>th</sup> place earns 15 points, 60<sup>th</sup> place earns 60 points, etc.). Awards to scoring members of team. Team members are also eligible for age group awards. If you are not signed up to be on a team you will not be included!

**Entry Fee:** \$23 includes LONG SLEEVE HOODED SWEATSHIRT if postmarked by Dec 5, 2011. Afterwards, including day of race, entry fee is \$29 w/sweatshirt (while supplies last), \$20 without a sweat. No Refunds or Mailing of Shirts/Awards.

**Optional online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(closes at midnight, Wednesday Dec 14th; nominal service charge applies)**

**AWARDS:** Top male and female overall and runners up plus:

15 & und(4M,4F), 16-19(5M,5F), 20-24(4M,4F), 25-29(4M,4F), 30-34(4M,4F), 35-39(4M,4F), 40-44(4M,4F), 45-49(4M,4F), 50-54(4M,4F), 55-59(3M,3F), 60-69(3M,2F) 70+(2m,1f)

**Team Awards:** Top 3 teams in High School & Top 3 teams in Alumni/School District Resident

#### **DIRECTIONS: From North East**

U.S. 22 West. Take Fogelsville Exit to PA-100 South Follow to US-222 South. Take the PA-183 exit to Reading Airport. Turn left at the traffic light. The Medical Center is located approx. 1/2 mile on right.

#### **From North West**

Interstate I-78 to PA-183 South. Follow PA-183 South thru Bernville, past US-222 Interchange. The Medical Center is located approx. 1/2 mile on right.

#### **From West**

Take Pennsylvania Turnpike to Reading Exit No. 21. Turn right into the US-222 North entry ramp to Reading. Continue on US-222 North, merging with US-422 briefly. Exit on right for 222 North towards Allentown. Take PA-183 exit to Reading Airport. Turn right at traffic light. The Medical Center is located approx. 1/2 mile on right.

#### **From South East**

Schuylkill Expressway 76 West 202 South 422 W/Pottstown Follow signs for Reading do not exit at 422 Business/Mt. Penn; stay in left lane Proceed straight, 422 W will exit on right.(222 N.) Take the PA-183 exit to Reading Airport. Turn right at the traffic light. The Medical Center is located approx. 1/2 mile on right.

PDF Created with deskPDF PDF Writer - Trial :: <http://www.docudesk.com>

**From South West**

422 E through Robesonia, Wernersville, West Lawn. Exit on right for 222 N. towards Allentown. Take the PA-183 exit to Reading Airport. Turn right at the traffic light. The Medical Center is located approx. 1/2 mile on right.

**From South**

Enter Pennsylvania Turnpike in Exton. Take Exit 22 (Morgantown). Follow signs for 176. Take 176 to Rt. 422 W. Exit 11B. Proceed straight, 422 W will exit on right.(222 N.) Take the PA-183 exit to Reading Airport. Turn right at the traffic light. The Medical Center is located approx. 1/2 mile on right.

**DIRECTED BY THE PAGODA PACERS A.C.**

Race Directors: Jaime Heckman, Jill Gallen and Jason Manbeck

Insured By The Road Runners Club of America

CHECKS PAYABLE TO: **PAGODA PACERS A.C.** MAIL CHECKS AND FORM BELOW TO:

Pagoda Pacers A.C Attn. Jill Gallen 312 Hendel st. Shillington, Pa 19607

Questions? Contact Jason Manbeck at kriskringle5miler@gmail.com or (610) 413-7822

-----  
Sign Waiver      App. May Be Copied

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.? Hoodie Size (circle one): S M L XL

Sex: M F      Age as of 12/18/11: \_\_\_\_\_      Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Team Competition (if applicable): circle one: High School      Alumni/S.D. Resident

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

Email \_\_\_\_\_ Getting Run Update weekly? \_\_ Yes \_\_ No

(print VERY clearly)

**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 will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, 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 Pagoda Pacers A.C., the Berks County Cross Country Coaches Association, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from 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(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/2011