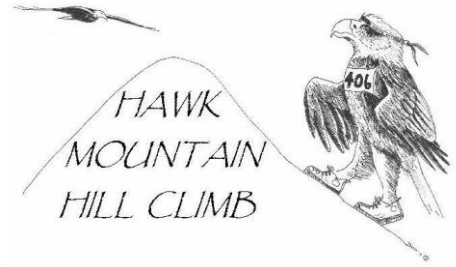


Hawk Mountain Sanctuary

~ Presents the Third Annual ~

5k Hawk Mountain Hill Climb & Trail Tromp Saturday, June 15, 2013



~ Professional timing services by Pretzel City Sports of Reading, Pa. ~

Run proceeds benefit Hawk Mountain Sanctuary

WHO: Runners, Walkers and Hikers of all ages. Runners and Walkers will both be timed, utilizing the same course along Hawk Mountain Road. Hikers will participate in an unsupported out and back hike to North Lookout. Hikers will receive a stamp at the conclusion of their "round-trip". Sponsorship donations are also encouraged. Please contact Tammy Jandrasitz at jandrasitz@hawkmountain.org for a sponsorship form.

WHAT: The Hawk Mountain Hill Climb is a unique 5K course. Great views and a challenging course make this event the premier racing opportunity in Berks County. The course is a point to point race along Hawk Mountain Road. Participants will begin in the scenic Kempton Valley and climb their way from the valley floor to the top of Hawk Mountain to finish at the Hawk Mountain Sanctuary Visitor Center. A shuttle service is provided from registration at the Hawk Mountain Visitor Center to the race start. Port-a-Johns will be available at the starting line. Hikers will participate in an unsupported hiking venture from the Hawk Mountain Visitor Center to the North Lookout and back. This hike is perfect for families and those interested in participating in a more leisurely event.

WHERE: Participants may pre-register (application below) or register the day of the run. Registration takes place at Hawk Mountain Sanctuary beginning at 8:00 AM on June 15. Volunteers will be on hand to assist you with parking instructions and registration information. Award presentations will be made following the Climb. **Early Packet Pick-up:** Friday, June 14 from 10 a.m. to 4 p.m. at Hawk Mountain Sanctuary.

**Pre-registered participants: If you are not doing early packet pick up, please pick up packet before race start on June 15.*

REMEMBER: Pin your number to your shirt FRONT leaving the bottom portion unpinned so it can be removed as you cross the finish line.

WHEN: Saturday, June 15th, 2013

8:00 a.m. – Registration begins at Info. Pavilion/Shuttle Service Begins

9:40 a.m. – Last Shuttle to Starting Line

10:00 am – Hill Climb begins

11:00 am – Bagged Lunch and Awards Ceremony

HOW: To register, complete the form below and submit the \$25 fee to Hawk Mountain by May 31. The fee for entries received after the deadline is \$30. Children 14 years of age and under \$15. The first 150 registered participants are guaranteed the official Hill Climb T-shirt. Size requests will be honored to the best of our ability but size may be substituted. Checks payable to Hawk Mountain Sanctuary. **Optional online registration available at www.pretzelcitysports.com.** (Closes Wednesday prior to Hill Climb.)

RESULTS: 1, 2 and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results submitted to Pretzel City Sports and posted at www.hawkmountain.org.

PRIZES: Door prizes are drawn post-race at awards area. You must be present to win. Medals presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age brackets: 13-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70 and up.

DIRECTIONS: From Route 61: Take Rt. 61 to Rt. 895 EAST. Go 2 miles make RIGHT at blue Hawk Mountain sign (Drehersville). Cross railroad tracks and Little Schuylkill River. Go 2 miles to top of mountain; turn RIGHT into parking lot. **From Route 78 (Allentown):** Take I-78 WEST to Exit 35 (Lenhartsville). On Rt. 143 NORTH, go 4 miles to Sunoco gas station on right. Turn LEFT at blue Hawk Mountain sign onto Hawk Mt. Road. Go 7 miles to top of mountain; turn LEFT into parking lot

SPONSORED BY:



REGISTRATION: Complete this portion. Detach and mail. Include \$25 early registration fee before May 31. Late registration fee \$30.

Hill Climb t-shirts guaranteed to first 150 registrations; size requests may be substituted. Online registration available; see details above.

Checks payable to Hawk Mountain Sanctuary, or by Credit Card: Visa/MC/Discover: Number _____ Exp. _____

Select: RUNNER / WALKER/HIKER

(Please print)

First and Last Name _____ Phone _____

Address _____ City _____

State _____ Zip _____ E-mail address _____

Race Day Age _____ Male _____ Female _____

T-shirt size (circle one)
Youth L
Adult S M
L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Hawk Mountain Sanctuary and Albany Township and those in their employ, the Counties of Berks and Schuylkill, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running/walking/hiking in this event including, but not limited to: falls; contact with other participants; vehicle traffic; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature _____ Date _____

(Parent or guardian's signature if under 18 years of age.)

Mail to: Hawk Mountain Sanctuary, c/o Hill Climb, 1700 Hawk Mountain Road, Kempton, PA 19529

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