

The Ephrata Wellness Committee & Pretzel City Sports, Reading, PA, Present the 3rd Annual

# Get Your "GEARS" Moving: 5K Run

And 1 Mile Kids Fun Run

## Saturday, May 21, 2016, 8:00 A.M.

*Come run to support Power Packs and help feed hungry kids in the summer!*

**LOCATION:** Roland Memorial Park in Akron, PA, 200 Block of N. 11<sup>th</sup> Street, just west of Ephrata, PA. Registration/number pickup opens at 7:00 a.m. 5k starts at 8:00 a.m., kid's race at 8:45. Regular short sleeve T-shirt to all pre-entries & race-day entries while they last. Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

**COURSE: ROLLING HILLS, TRAILS, etc.** This wheel measured course has a little bit of everything for everyone.

**AWARDS:**

- 5K: Awards for overall Male Finisher and Female Finisher plus top 3 male and female finishers in each of the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 plus!
- 1M Kids Fun Run for 4<sup>th</sup> grade & under: Top 3 overall boys and girls awarded medals. Plus, participation ribbons for all Kids Fun Run participants
- Note: Kids participating in both the 5k & Fun Run must enter twice

**ENTRY:**

- **5k:** \$20 if postmarked by Sat, April 30<sup>th</sup>, 2016. After May 1<sup>st</sup> and on race day: \$25. One (1) entry per participant.
- **Kids Fun Run (4<sup>th</sup> grade and younger):** FREE! Shirts available for a \$5 fee if postmarked by April 30<sup>th</sup>. After May 1<sup>st</sup> and day of race shirts available for a \$7 fee while supplies last.
- **Pre-registration for event is preferred!**

**DIRECTIONS FROM READING:** Take 222 S towards Lancaster. Take the 272-568 exit towards Knauers/Adamstown. Turn right onto PA-272. Turn left onto N 11<sup>th</sup> Street. Follow to Roland Park on the left.

**DIRECTIONS FROM LANCASTER AREA:** Take 222 N towards Reading. Take the PA-772 exit towards Rothsville/Brownstown. Merge onto PA-772/Newport Rd towards Akron. Turn right onto PA-272. Continue to follow 272 to N. 11<sup>th</sup> Street. Turn right onto N 11<sup>th</sup> Street. Follow to Roland Park on the left.

**Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

(Nominal processing fee applies, closes Wednesday, May 18<sup>th</sup> at midnight)

MAIL CHECK PAYABLE TO "EASD" & FORM BELOW TO: Pretzel City Sports, 112 W. 36th St., Reading, PA 19606. Race Director: Ron Horn: (610) 779-2668, [rhornpcs@aol.com](mailto:rhornpcs@aol.com), [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

Last name \_\_\_\_\_ First name \_\_\_\_\_

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

Circle one: 5K 1M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

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

Shirt Size for kids (circle one): YS YM YL YXL

Email: (print clearly) \_\_\_\_\_

Already getting Pretzel City emails regularly? \_\_\_\_ Yes \_\_\_\_ No

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 coming in and out of the park 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 Pretzel City Sports, EASD, any subcontractors it utilizes, all municipalities in which the race is held, 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 Pretzel City Sports 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 \_\_\_\_/\_\_\_\_/ 2016