

Directions to Carsonia Park

The AVRCC is located at the corner of Byram and Navella Streets in Pennside.

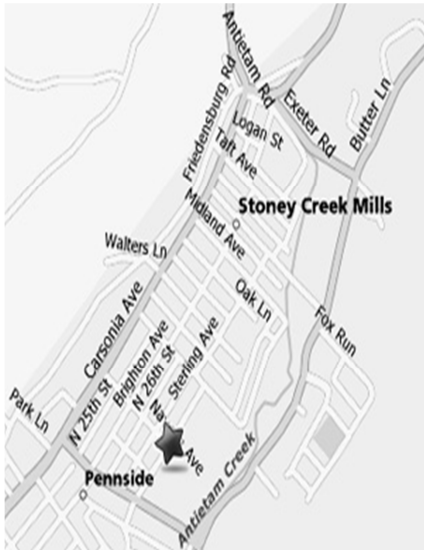
From 422 W: Take 422 Business exit toward Mt. Penn. Continue onto Perkiomen Ave. Turn right onto Oley Turnpike Rd; Take 3rd left onto S. Bingaman St. Take 2nd left onto Harvey Ave. Take 1st right onto Byram Street.

From 422 E (Wyomissing) Penn Street; US 422 Bus E/Perkiomen Ave; turn left onto N 23rd St. Continue onto Carsonia Ave; Turn right onto Parkview Ave. Turn right onto Byram St.

Parking:

Parking lot at the Antietam Swimming Pool and plenty of on street parking.

Additional registration forms are available at www.antietamvalley.org



Antietam Valley Community Partnership

AVCP was founded to improve the quality of life in the Antietam Valley, which includes the Boroughs of Mount Penn and Saint Lawrence, the Township of Lower Alsace, and the immediate surrounding area. We are interested in improving access to quality community recreation for children and adults, as well as working to identify ways to "shine the light" on the many positive characteristics of the Antietam Valley. We support community enrichment and economic development projects, especially those that impact the quality of life for families and residents. Finally, we are committed to maintaining close working partnerships with other organizations in the community, including the Antietam Valley Recreation & Community Center, the Mount Penn Area Business Association, local sports leagues, religious organizations and other groups.

Additional registration forms are available at www.antietamvalley.org

Antietam Valley 5K & Fun Run

**2nd Annual Family Event
Featuring:**

**5K Run/Walk
1 Mile Fun Run/Walk**

**Saturday, April 30th, 2016
9:00 am 5k Run/Walk**

**Carsonia Park
905 Byram Street
Pennside, PA 19606**

Antietam Valley 5k Run/Walk & 1 Mile Fun Run

Event Details

Event Date: April 30, 2016
(Rain or Shine)

Start/Finish: Carsonia Park
905 Byram Street
Reading, PA 19606

Schedule: 7:30 – 8:45am Registration
8:45 Warm up
9:00 5K Run
9:30 1 Mile Warm up
Fun Run to start approximately 45 mins after the start of the 5K.

Awards Ceremony to follow 1 mile Run

5K Age Groups: 10 and under 11 – 14
15 - 19 20 – 29
30 - 39 40 - 49
50 - 59 60 and over

Awards – 5K: Overall Male and Female
Top 3 male and female per age group

Awards – 1Mi: Ribbon for all participants

Results: www.pretzelcitysports.com

Contact: Jaime Trupp
AVCP5k@gmail.com
610-914-1176 (cell)

Amenities: Fast flat course, T-shirt to all pre-
registrants and race day while supplies
last and post race refreshments

Mail Registration form/waiver with payment to:

AVCP c/o Jaime Trupp
816 N 26th Street
Reading PA 19606

Checks payable to Antietam Valley Community Partnership (AVCP)

5K Run/Walk 1 Mile Fun Run PARTICIPANT REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Male Female Age on Race Day: _____

Email: _____

Children 10 & under (age as of 04/30/16) are free (no t-shirt) for either race. **Waiver required.** T-shirt for children 10 & under can be purchased for \$10.00, see below.

All Pre-registered participants, excluding free children are guaranteed to receive a t-shirt if registration is received by April 20, 2016. Entries afterward will receive a t-shirt on a first come, first serve basis while supplies last. Size and receipt of shirt is not guaranteed if you do not register by April 20th.

Registering for: (Check event entered)

5K Run/Walk 1 Mile Fun Run/Walk

Shirt Size: (Check One)

YM S M L XL XXL

*Check here if you want to purchase a t-shirt for child/ren under 10 years of age and include a \$10.00 t-shirt fee.

***T-shirt for child - check appropriate box above**

Entry Fees: By 4/20/16 4/21/16 and after
5K & 1 Mile \$ 25.00 \$ 30.00

Optional online registration available at

www.pretzelcitysports.com

(Closes Wed, April 27th at midnight)

Nominal fee for free children if online registration is used. To avoid nominal fee, mail application to address listed above.

Liability Waiver

Must be signed to participate in Antietam Valley 5K & Fun Run

WAIVER/RELEASE: I for myself, and/or the child, recognize that running a road race is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, rain, high heat and/or humidity, traffic and the conditions, of the roads/walks/paths, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge Antietam Valley Community Partnership (a non-profit organization), Antietam Valley Recreation and Community Center, the organizers, hosts, and sponsors of Antietam Valley 5K Fun Run, their directors, officers, staff and volunteers, the borough of Lower Alsace Township, Mt. Penn Borough and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. For runners safety, I understand that bicycles, scooters and roller blades are prohibited.

I also understand and accept that there are no refunds for this event.

Note: Volunteers will be on hand to guide participants, but roads will be open to traffic.

I have read and understand the above waiver.

Signature: _____

Date: _____

Parent Signature if under 18 years of age: _____

_____ Date: _____