

REFORMATION LUTHERAN CHURCH'S COMMUNITY UNITY 5K RUN

& FREE 1/2 MILE KIDS FUN RUN

Sunday, September 11, 2016 @ 11 AM - Reading, PA

Held in conjunction with our annual Block Party and
this year benefiting Exeter Township's First Responders!

LOCATION/REGISTRATION: Starts/finishes at Reformation Lutheran Church, 3670 Perkiomen Ave, Reading, PA
Registration/number pickup in church all-purpose room starting at 9:30 AM. 5K start at 11:00 AM, kids run at 11:45 AM.

COURSE: wheel measured course; beautiful suburban tree-lined streets. Course is all macadam and mostly flat with several small gradual hills. Roads will not be closed to traffic. Course passes by Reiffon Fire Company to honor our 1st responders.

AMENITIES: Tech shirts (male and female sizing) to all pre-registrants of 5K and post registrants, including day of race while they last; "goodie" bag for all kids run finishers. Refreshments for finishers, indoor toilet facilities, plenty of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

POST RACE EVENTS: Block Party from 10:00 - 2:00 including free kids games, moon-bounce, NYC face painters, balloon artist, and Kauffman's Chicken BBQ on site. Chicken Meals for purchase \$8.00 (includes, 1/2 chicken, potato, applesauce, roll & butter), tent seating, music.

AWARDS: Awards for the overall first male & female winner, plus: 3M, 3F for the following categories: 14 & Under, 15-19, 20 - 29, 30-39, 40-49, 50-59, 60+. No kids race awards but grab bags for all finishers.

ENTRY: For 5K: \$25 if postmarked by August 21, 2016. Afterwards, incl. day of race, \$30 while shirts last, \$20 with no shirt. Optional Online Registration Available for 5k at www.pretzelcitysports.com (Nominal service fee applies, closes midnight, Sept. 7th) FREE KIDS RUN sign-up sheet will be located at bib pick-up table. Registration will be closed for kids run once we have 50 entries.

GENERAL DIRECTIONS FOR ALL: From East 422, take Mt. Penn exit & go left at top of ramp. At 3rd traffic light, take a left onto Business 422 (Perkiomen Ave). Church is on your left at next light. From Philly, follow Business 422(keep right) at the split in Exeter Township. Church is on your left at 3rd traffic light. See ReformationLutheran.org for detailed directions.

RACE CO-DIRECTORS: Jeanne Gochnauer cell 610 -858- 5142 or Rick Gochnauer cell 610-858-2058. Email: gochnajl@readingsd.org

MAKE CHECK PAYABLE TO: Reformation Lutheran Church

MAIL CHECK & FORM BELOW TO: Jeanne Gochnauer, 228 Sunrise Rd., Reading, PA 19606

.....Please Print Clearly.....

Last name _____ First name _____

Address _____ City/State _____ Zip _____

Race day age: _____ Date of birth ____/____/____ Sex: M F Phone: (____) _____ A.M. or P.M.??

email _____@_____ Chicken BBQ (circle one) Yes/ No Qty? _____

Shirt Cut (circle one): Male Female Shirt Size (circle one): S M L XL

Already Getting Emails from Pretzel City Sports 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 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 Pretzel City Sports, Reformation Lutheran Church and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 2016