

3rd Annual

# DAYLIGHT SAVING DASH

supporting **Hope Rescue Mission of Reading, PA**

**5k RUN/WALK**

**Saturday, March 5, 2016 – 9:00 AM – Penn State Berks**

We are on Facebook at [www.facebook.com/DaylightSavingDash](http://www.facebook.com/DaylightSavingDash)

**LOCATION / REGISTRATION:** Beautiful Campus of Penn State Berks, Broadcasting Road, Reading, PA. Registration and packet pickup available on race day at the Gaiage Technology & Business Building, starting at 8:00 am. 5K at 9:00 am.

**DETAILS:** Wheel measured course goes throughout the campus on paved surfaces. This is a fun race supporting a great organization on the scenic PSU Berks campus! Heated indoor facilities (with bathrooms) near the start/finish. Plenty of free parking. Professionally timed by Pretzel City Sports. No refunds or mailed awards. Backup date is March 12 in case of weather and updates will be posted on Facebook.

**KIDS ACTIVITES:** Several kids activities will be held indoors prior, during, and after the race. This is a family event.

**APPAREL:** Long sleeved shirts for all registrations postmarked by Feb 20. Limited supply of shirts on race day.

**AWARDS:** Trophy for top male and female runners in addition to awards for the top three males and females in each of the following age brackets: 18 & under, 19-29, 30-39, 40-49, 50-59, 60+

**ENTRY FEE FOR 5K RUN/WALK:** \$23 if postmarked by Feb 20 with guaranteed long sleeved shirt and goodie bag. \$28 after Feb 20, including race day, limited shirt and goodie bag supply.

**DIRECTIONS:** The race starts and ends near the Gaiage Technology & Business Building on the campus of Penn State Berks. The closest entrance to the start line is on Broadcasting Road, right off of 222. For GPS purposes, you can use the intersection of Broadcasting Road and Route 222.

**Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(nominal processing fee applies, closes on Wed, March 2 at midnight)**

**Or MAIL CHECK PAYABLE TO "Hope Rescue Mission" & FORM BELOW to:** Steve Elliker, 99 Caernarvon Dr. Elverson, PA 19520  
Race Director: Steve Elliker (484)-844-1249 [steveelliker@gmail.com](mailto:steveelliker@gmail.com)

Please Print Clearly - One Form Per Person

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

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

Race Day Age : \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M F

Phone: ( ) \_\_\_\_\_

Adult Shirt Size (circle one): S M L XL Youth: S M L

Email: \_\_\_\_\_

Already Getting Weekly Runner Update Emails? \_\_\_ 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, Hope Rescue Mission, Penn State and Steve Elliker 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  
(Parent's Signature if entry under 18 years old)