Make Tracks on the Bears' XC Course! Makin' Bear Tracks

5k Run, 1 Mile Walk, 1 Mile Junior Run, and Kids' Fun Run Saturday, July 20, 2013 at 8:00am

Registration and Packet Pick-Up 7:00-7:45am **Start/Finish: Boyertown Area High School Track** 120 N. Monroe St., Boyertown, PA 19512

This race has something for everyone! Bring the kids, run your first cross country course, set a PR, or put together a team for some fierce and friendly competition! TONS of great prizes!

There is still time to register and receive a pricing discount. SIGN UP <u>HERE</u> TODAY!

5k RUN - 8am start

Individual and TEAM divisions! Challenge yourself on an all-terrain course including pavement, rolling grass surfaces, grassy trail, a gradual hill near the finish, and an all-weather track. PLEASE NO SPIKES ARE PERMITED. Teams must have 3 runners minimum, including at least one woman. Each team member should register as an individual and list same TEAM NAME. Awards for top three teams!

1 MILE WALK - 8am start

Not into a 5k? Nursing an injury? Pushing a stroller? The 1 mile walk is great way to show yourself some love while also supporting our high school athletes!

1 MILE JUNIOR RUN - 8:45am approx. start

Have a youngster over the age of 9 who's progressed beyond the kids' fun run, but isn't quite ready for an XC 5k? This race is the answer! Awards for top 3 girls and boys!

FREE KIDS' FUN RUN - 9am approx. start

Kids under the age of 9 run 1 lap on an all weather track. Medals for all finishers!

This race is being professionally timed by Pretzel City Sports. All registrations before July 12 include a race t-shirt (excludes free Kids' Fun Run) and a swag bag full of cool stuff. Awards for the 5k will be given to the top 3 teams, the top male and female PLUS 1st-3rd medals in each male and female category: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. The proceeds from this race will benefit the Boyertown Bears Running Booster Club.

For additional information, contact Lori Sartin Bruno at <u>lhsartinbruno@comcast.net</u> ONLINE REGISTRATION AT: https://www.pretzelcitysports.com/onlineform1.php?id=231