

ADALYN ROSE FOUNDATION

EMPTY STROLLER

RUN & WALK



Sunday, October 13, 2024 @ 8:30

Timing By Pretzel City Sports

Proceeds Benefit: Adalyn Rose Foundation – helping families and honoring babies, one step at a time.

Location & Race Day Registration: In person: Reading, PA, at Berks Heritage Center – 1102 Red Bridge Rd, Reading, PA 19605

Course Description: Run throughout the beautiful and scenic Grings Mill along the Tulpehocken River. The course is wheel-measured. All events are entirely on smooth gravel and finishing on macadam. The 5k and 10k will be an out-and-back, starting at the heritage center and turning left towards the stone bridge. The 10k course includes a couple of rolling hills. The run will be held rain or shine. The race welcomes participants to bring empty strollers to help honor their babies lost too soon. Prices are the same for both the 5K and 10K. For those wishing not to run but would like to participate, a memorial walk will begin at approximately 10:00 am. This walk will be held on the same trail but will not be timed by Pretzel City Sports. Registration is required for all events, including 5k, 10k, and memorial walks.

Registration on Race Day: Race day registration begins at 7:30 am

Fees: 5K, 10k, and Memorial Walk pricing is \$40/person. This includes a special fifth anniversary T-shirt (if registered before 9/13) as well as a medal upon completion of the race.

Virtual Option: \$35/person to register in the Virtual Race. This can take place at your own convenience on any day throughout October, infant and pregnancy loss awareness month. No awards will be given to virtual participants. Includes special fifth-anniversary t-shirt

Optional Online Registration Available at: www.adalynrose.org/upcoming-events

Scan the QR code to complete registration online.



Awards: All awards for the Reading, PA Empty Stroller 5K, and 10K Races will be given following the race completion. All participants will receive a medal upon completion of the race. Age group awards will not be handed out. Awards will be announced before the start of the remembrance walk.

Amenities: There will be two water stops along the course and some light refreshments at the finish. Results at the finish will be posted on www.pretzelcitysports.com 24-48 hours after the event. There will be a live DJ for the 5k and 10k races. Following the completion of the races, the Uptown band will perform. Participants are encouraged to hang around after the event and enjoy music, food trucks, and other family-friendly events.

Questions?/More information? Race Director - info@adalynrosefoundation.com

Any additional donations are greatly appreciated. Thank you for your time and consideration in supporting our organization.

Checks should be made out to the **Adalyn Rose Foundation**

Registration Forms with Payment may be sent to

Adalyn Rose Foundation

2744 Century Blvd

Wyomissing, PA, 19610

Empty Stroller 5k/10k/Memorial Walk

Berks County Heritage Center
1102 Red Bridge Rd, Reading, PA 19605

Last Name: _____ First Name: _____

Street Address _____ City: _____ State: _____ Zip: _____

Sex (circle one) M F Race Day Age: _____ Date of Birth: _____/_____/_____

Shirt Size: S M L XL XXL Event: (Circle one) Undecided 5K 10k Memorial Walk Virtual Option

Email: _____ Phone: _____

Race Entry Enclosed \$ _____ Additional Donation: \$ _____ Total Enclosed: \$ _____

Waiver (must be signed to participate): I know that running a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that there will be traffic, hazards, debris, and poor footing on the course, and I assume the risk of running on it. I also assume any or all other risks associated with running or attending the race included but not limited to falls, contact with other participants, the effects of weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my 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 Grings Mill Recreational Area, all owners of the properties on which the race is run or held, all municipalities in which the event is held, the race committee, the volunteers, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with the race, from any or all claims of liability from death, personal injury or property damage of any kind or nature whatsoever arising out of unforeseen circumstances known or unknown. By entering the race, I am granting permission to all parties affiliated with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review or restriction or compensation.

I have read and understand this waiver and release. I fully understand that it is a release of liability.

DATE: _____ Participant Name: _____ (PRINT)

Signature:

(Signature of parent or guardian if under 18)