



8th ANNUAL 5K RUN & 1.5 MILE WALK **Threshold**

Rehabilitation Services, Inc.

March 29, 2025 @ Penn State Berks

2080 Tulpehocken Rd., Reading, PA 19610



Registration now open! Run or walk with us in-person at Penn State Berks or complete the event remotely at a location of your choice (virtual option). Virtual participants will not be eligible for medals.

REGISTRATION: Registration is **\$35.00** for all race/walk options. Online registration is available at pretzelcitysports.com (a nominal fee applies) and will close at midnight on Wednesday, March 26, 2025. **Register to participate by March 5, 2025 to guarantee your race shirt.**

Early T-Shirt/Package pick-up will be held via drive thru on **FRIDAY, MARCH 28** from 3:00PM to 6:00PM at Threshold, 1000 Lancaster Ave., in the rear parking lot.

RACE DETAILS: In-person event will take place at Penn State Berks in Wyomissing. Packet pick-up begins at 8:00 AM. The race will start at **9:00 AM**. Virtual participation is to be completed March 29, 2025 at the location of your choice.

Walk-ups will be accepted on the day of the race.

PRIZES: Medals will be awarded for 1st, 2nd, and 3rd place male and female overall, as well as 1st, 2nd, and 3rd place per age category- 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, **REMINDER: 70+ age group!!** *Virtual participants are not eligible for medals.*

PAYMENT: If choosing not to register online, detach the form below and mail it with your check, *made payable to Threshold*, to: Threshold, ruOK? 5K, 1000 Lancaster Ave., Reading, PA 19607.

Questions can be directed to Race Director Karin Allmendinger at 610-777-7691, ext. 109 / ruok5k@trsinc.org.

Registration Form (Print Clearly)

Last Name: _____ First Name: _____

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

Sex: M F Race Day Age: _____ Date of Birth: ___/___/___ Phone: (_____) _____

Email: _____ Shirt Size: S M L XL 2XL 3XL

Race Method: (circle one) **5K In-Person** **5K Virtual** **1.5 Mile Walk In-Person** **1.5 Mile Walk Virtual**

Race Fee: \$ _____ + Donation \$ _____ = TOTAL ENCLOSED \$ _____

By submitting this Entry Form, I represent that I have read, understand, and agree to the following terms of my participation in the ruOK? 5K Race and Walk, Reading, PA. 1. I assume the potential risks in participating in the ruOK? 5K and Walk, including, but not limited to, falling, contact with other participants, traffic conditions on and around the race course, the condition of the race course, and the impact of weather (including high heat and humidity). 2. I am medically able to participate and will abide by any decision of any race official, before or during the event, relative to my ability to safely participate. I agree that my failure to honestly represent my ability to participate in ruOK? 5K and Walk or to accept the conditions of participation as stated above, may result in my disqualification from participation. 3. In order to maintain my safety and those of other participants and individuals involved with the ruOK? 5K and Walk, I must and shall participate in the event alone, unassisted, and without the aid of any person, animal, or device, including, but not limited to, skates, skateboards, skis, and cycles. Reasonable assistance from a person or device is acceptable for the 1.5M walk. 4. My entry fee is non-refundable and my participation in the ruOK? 5K and Walk is non-transferable. 5. I hereby grant permission for my name, photo, video, likeness, and/or voice to be used by ruOK? 5K and Walk, and/or any of its sponsors for any legitimate purpose. Having read and agreed to the conditions of participation as contained within this Entry Form, and knowing the truthfulness of the information that I have disclosed on this form, in consideration of the acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release indemnification, and hold harmless the owners, organizers, managers, directors, and staff of the ruOK? 5K and Walk, each and every sponsor, and any and all contractors and/or volunteers of the event, from any claims or liabilities of any kind arising in connection with my participation in the event, even though such liability may arise out of negligence or carelessness of any such party.

Signature _____ Date ___/___/___

PARENT Signature for Participants under the age of 18: _____

PARENT MUST ACCOMPANY MINOR ON RACE DAY

Threshold is a partner agency with:

How did you hear about this event? (Circle one): Online Email Direct Mail Other _____

