

Grings Mill Run

5K & 10K Races

And 1/2 Mile Kids Run * Now Directed by Pretzel City Sports**

Sunday, August 3rd, 2025 9:00 A.M. Reading, PA

“Pennsylvania’s Prettiest 5k & 10k”

LOCATION: Back to its original location; Grings Mill Park, 2083 Tulpehocken Rd, Reading, PA. Registration/number pickup opens at 7:45 a.m. 5k starts at 9:00 a.m., 10k at 9:10, Kids Run approx.. 10:15 a.m. Clock at finish, great post-race food, wheel measured course, select mile splits, instant results, results on www.pretzelcitysports.com by noon on the next business day after raceday. **COURSE:** 99% flat & NO Traffic; Runs along trout stream!! Held on packed cinder/paved trails. Directed by head of Pretzel City Sports 20+ years ago!

ENTRY: 5k/10k: \$30 if received by midnight, Mon 7/21/25. includes soft style T-shirt. After that including raceday, \$35 while shirts last, \$30 when gone. BONUS: no need to decide which event you want to do now; state a preference but decide on race day based on the weather and your fitness level. KIDS RUN (11 & Under): \$4 if received by Mon, 7/21/25, NO SHIRT but finisher ribbon or medal for all. After that and on raceday, \$5. Registration for kids run to be CLOSED once we have as many entries as we have ribbons/medals so pre-register if possible; they must be ordered 2 weeks in advance and we WILL be conservative with our estimate of how many “extras” we need for late entries. **NOTE:** Kids doing either the 5k or 10k AND the kids run too must enter both races. Awards for top 3 M & F in kids race.

***On-line registration w/credit card available at www.pretzelcitysports.com*
(nominal service fee applies – closes at midnight, Wednesday of raceweek)**

AWARDS FOR EACH DISTANCE: 1st overall M & F plus the top 3 M & F in each of these age groups: 0-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-77, 78+, Clydesdales and Clydettes, Clyde qualifiers: Men-min. of 210 lbs. or 185 if 5 ft., 9 inches tall or less. Women: min. of 160 lbs., 145 if 5 ft., 4 inches tall or less. Clydes NOT eligible for age group awards **KIDS RUN:** Top 3 M & F

OTHER IMPORTANT INFORMATION: No pets or alcoholic beverages allowed in Park, Event held rain or shine but if the weather gets mega-weird, please check the “pop-up” on www.pretzelcitysports.com after 6 AM on raceday, Races will start promptly so please arrive early; we do reserve the right to delay the start time if “lightning”.

Make check payable to “PRETZEL CITY SPORTS. Send check & form below to: Pretzel City Sports, 112 W. 36th St, Reading, PA 19606 Race Director: Ron Horn: (610)779-2668 rhornpcs@aol.com (best way to contact)

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M ___ F ___ Race day age: _____ Date of birth ___/___/___ Unisex Shirt Size (circle size): S M L XL XXL

Clydesdale: Yes No Preferred Distance 5k 10k Kids Fun Run (not binding except for those entering kids run)

Email Address: _____@_____ Phone: (____) _____ A.M.? ___ P.M.? ___ Both? ___

EMERGENCY CONTACT: _____ **PHONE:** (____) _____

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 could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the impact of the weather, the conditions of the course, 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 The Road Runners Club of America, The Berks County Parks and Recreation Department, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for 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. This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, known or unknown. Per RRCA insurance guidelines, Pretzel City Sports strongly discourages the use of headphones during any Pacer event, including races. 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 my review, restriction or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature _____ Date ___/___/ 2025

Additional Donation for Grings Mill Park (totally optional) \$ _____