



Saturday, September 13, 2025

Reading, PA

09:30AM 5K

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: The It's Ok to Not Be Ok 5K is a fund raiser for NAMI Berks County PA partnering with the Forever Impactful Organization.

WHERE: Grings Mill Recreation Area, 2083 Tulpehocken Rd, Reading, PA 19606

WHEN: Saturday, September 13, 2025
08:00 a.m. - Registration begins
09:30 a.m. - 5K Run begins
10:30 a.m. - Award presentation at finish line

QUESTIONS: Contact NAMI Berks County PA at 610-685-3000 or info@namiberks.org

HOW: Complete the form below and submit the appropriate amount. Check/Money order payable to NAMI Berks County PA.

5k Entry Fee: \$30 and must be registered by August 29, 2025, to receive race T-shirt. After that date, including race day, \$35, T-shirts available while supplies last. Size requests will be honored to the best of our ability, but size may be substituted. Children 6 & Under Free. (Reg. Form must be filled out to participate)

Optional Online Registration Available at https://www.pretzelcitysports.com/online-registration/ (Nominal service fee applies, closes midnight, Wed. of race week)

5k AWARDS: Medal and \$25 will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

REGISTRATION: It's Ok to Not Be Ok 5k Run/Walk Complete this portion. Detach and mail. Includes \$30 registration fee by August 30th. Late registration fee \$35. Children 6 & Under Free (Reg. form must be filled out to participate.) Checks payable to NAMI Berks County PA.

Name Address Please print

City State Zip Age (on Race Day)

Gender: Male Female Event (circle one): 5k RUNNER 5k WALKER

T-shirt size (circle one) Youth L M S Adult S M L XL XXL

Phone E-mail address

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to NAMI Berks County PA, Grings Mill Recreation Area, Spring Townships those in their employ, the Counties of Berks, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X Date (Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to NAMI Berks County PA and mail to: NAMI Berks County PA, 640 Walnut Street-2nd Floor, Reading, PA 19601