



BERKS COUNTY CHILDREN & YOUTH SERVICES PRESENTS

# NO EXCUSE FOR ABUSE

## 5K RUN/WALK & FUN RUN

Saturday, April 13, 2019 – 10 AM – West Reading, PA

*April is National Child Abuse Prevention Month.*

*This event is dedicated to raising awareness and recognizing child abuse prevention efforts across Berks County.*

**LOCATION:** Starts/Finishes at the West Reading Playground Pavilion, corner of South 5<sup>th</sup> Ave. and Sycamore Road West Reading, PA 19611. Registration opens at 8:30 AM. Race begins at 10:00 AM. Kids' Fun Run begins approximately 10:40 AM – no registration/fee required.

**COURSE:** Race course is out and back, flat, a peaceful and scenic park setting with no traffic. Course begins by running through West Reading Park, joins the Schuylkill River Trail, travels across the river into Reading then follows the Schuylkill River to a turnaround point. Most sections of the path paved, some gravel.

**AMENITIES:** T-shirts and "swag" bags guaranteed to all of those registered by March 23, 2019. These items will be available after this deadline, including day of race while supplies last. Refreshments, indoor restrooms, and time clock at finish. Water station along the course. Race will be held rain or shine. No refunds or mailed awards. Race will be timed by Pretzel City Sports, results posted at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) 1-2 days following the event.

**ENTRY:** Registration fee is \$15 if postmarked by March 23, 2019. Afterwards, including day of race, registration is \$20. Mail bottom portion of this form along with a check to: **Berks County Children & Youth, Attn: Lisa Eshbach, 633 Court St. 11<sup>th</sup> fl. Reading, PA 19601. Make checks payable to: Berks County Children & Youth.** Register online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) – small service fee applies, closes at midnight Wednesday, April 10, 2019. Please contact Lisa Eshbach at 610-478-6700 x6721 with any questions.

**AWARDS:** Awards will go to the top three male and top three female finishers as well as first-third place for males/females in the following age groups: 0-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+.



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Please make checks payable to Berks County Children & Youth

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: M F (circle one) Race day age: \_\_\_\_\_ Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult Shirt Size (circle one): XS S M L XL XXL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.?? (circle one or both)

Email: (print clearly) \_\_\_\_\_ Already getting Pretzel City emails regularly? \_\_\_\_ Yes \_\_\_\_ No

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 will be traffic on the course and assume the risk for running in traffic. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the affects of the weather and the condition of the roads, 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 Pretzel City Sports, Berks County Children & Youth, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or anyone acting for on their behalf, or anyone else associated in any way with the race, from 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(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to the race organizer and race timer to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

WAIVER: I understand that the Schuylkill River Greenway Association does not charge for the use of its Thun Section of the Schuylkill River Trail. Further, I release and hold the Association, its officers, directors, employees, sub-contractors, sponsors, agents and affiliates harmless from all present and future claims that may be made by me, my family, estate, heirs, executors, administrators, or assigns for property damage, personal injury, or wrongful death arising as a result of my participation in the event wherever, whenever, or however the same may occur, including all claims arising out of the actions of third parties.

I HAVE READ AND UNDERSTAND THESE WAIVERS: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/20\_\_\_\_