

Pretzel City Sports, Reading, PA Presents the 3rd Annual "more than a race, an event!"

Third Thirsty Thursday

Summer 2009 - Evening 5K Races

Trooper Thorn's Irish Beef House, Rt. 10, Reading, PA
7 P.M.- May 21, June 18, July 16, Aug 20 & Sept 17
(Third Thursday of each month! Duh! Sept race starts at 6:45 PM)

Sponsored By

WORLD GYM

Antietam Valley Shopping Center

St Lawrence Ave., Reading, PA

LOCATION: Trooper Thorn's Irish Beef House, 451 Morgantown Rd. (Rt 10), Reading, (1/2 mile south of Lancaster Ave exit of the Rt. 422 Reading Bypass-go left at Queen City Diner). Reg. opens at 6:15 P.M in Troopers. No frills race, shirts for sale while they last, clock at finish, light refreshments, mile markers, instant results, drink specials, great meals available for purchase, door prizes, loads of parking on streets near restaurant etc. The last 2 year, Troopers surprised us by giving a free beer (limited to specific brands) to each entry the night of the race. No decision for 2009 yet but why "stop" what has already become a time honored tradition!! All entries below age of 21 must vacate Trooper Thorns by 9:30 PM on race night, unless accompanied by a parent. **HELD RAIN OR SHINE!!**

COURSE: FAST wheel-measured course on the mostly flat Thun trail. Race starts at Troopers, goes 1.55 miles out to turnaround and returns to start. Good way to see where your competition is. Course on packed cinder or paved trail except for 25 yds. of grass at start.. Good place to PR! **TENTATIVE CHANGE FOR 2009: June & Aug race MAY be run in the opposite direction on the trail, with same start and finish. Insurance provided by R. R. C. A.**

AWARDS: Separate awards for the male and female winners plus:
0-14: 4M, 3F 15-19: 4M, 3F 20-29: 4M, 3F 30-39: 4M, 3F 40-49: 4M, 3F 50-59: 4M, 3F 60-69: 4M, 2F 70+: 1M

ENTRY: Series: \$35 for series if postmarked by May 7 plus \$6 for shirt if desired, \$40 after that for series including night of first race plus \$6 for shirt if desired. Individual races: \$10 per race **"DAY OF RACE" REGISTRATION ONLY FOR INDIVIDUAL RACES.** Shirts to cost \$8 the day of race. No refunds. No mailing of shirts or awards.

Course Records: M: (2008) Jordan Desilets, Pickney, MI - 15:01 F: (2007) Anne Nash, Exton, PA - 19:03

PREREGISTER FOR SERIES ONLY! ALL OTHERS ENTER ON DAY OF RACE!

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

Last name _____ First name _____
Address _____ City _____ State _____ Zip _____
Email: _____ Already get weekly Run Update emails? ____ Yes ____ No
Phone: (____) _____ A.M. or P.M.?? Sex: M F Age as of July 1: _____
(becomes age used for age group awards)
Date of birth ____/____/____ T-Shirt Size (if choosing, circle size & add \$6 to series prereg cost): S M L XL

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, any subcontractors & facilities 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 or 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 Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ____/____/ 2009

Application may be duplicated.

App also available at www.pretzelcitysports.com