

READING High School Cross-Country  
PRESENTS one of BERKS newest Races:

The Third Annual

# Frozen Knight 5K RUN

Sat, February 25, 2012 - 10 AM - Reading, PA

**Benefits Students in the Reading School District who participate in the sport of running!**

**LOCATION/REGISTRATION:** Starts at Reading High School, 801 North 13th Street, Reading; Registration/number pickup at the Main Cafe. Starting at 8:45 AM. RACE begins at 10:00 AM,

**COURSE:** wheel measured course; mostly flat with an uphill in the first and last mile. Car traffic is minimal! Roads are not closed for race.

**AMENITIES:** T-shirt to all pre-registrants of 5K; Refreshments for finishers, indoor toilet facilities, loads of parking, time clock at finish and instant results. Race Held rain or shine. No refunds or mailed awards. Results will be on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 5-6 days.

**AWARDS:** Awards for the male & female winners and runner-ups plus: 15 & under: 5M, 5F 16-19: 4M, 4F 20- 29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 2F 60+: 3M, 2F RSD Employees: 3M, 3F RSD Students: 3M, 3F

**High school Team Competition:** No additional cost. Unlimited roster must include at least one female). First female and two other fastest runners count towards points. Awards based on cross-country scoring (15<sup>th</sup> place earns 15 pts, etc.) Award will be given to winning team. Team members are still eligible for individual awards.

**Jr-High school Team Competition:** No additional cost. Unlimited roster must include at least one female). First female and two other fastest runners count towards points. Awards based on cross-country scoring (15<sup>th</sup> place earns 15 pts, etc.) Award will be given to winning team. Team members are still eligible for individual awards.

**ENTRY:** For 5K: \$20 if postmarked by February 16, 2012. Afterwards, inc. day of race, \$23 while shirts last, \$18 with no shirt.

**GENERAL DIRECTIONS FOR ALL:** Take Penn Street exit off Rt. 422 & cross bridge into center city Reading. Make left onto 3<sup>rd</sup> street. Take 2<sup>nd</sup> right onto Walnut Street, follow to 13<sup>th</sup> street and make left onto 13<sup>th</sup> and follow until you reach Reading High on the right. Park is available in Hamden Park area. See race signs for directions. For Lancaster & Philly, this exit is on Rt 422 West 1/2 mile W of Lancaster Ave. (Rt 222 S) exit. For Lebanon, Allentown and Coal region, exit is off 222 S. /422 E. while it runs concurrently.

**MAIL CHECK PAYABLE TO "RHS Cross Country or RHS Runners Club" & FORM BELOW TO: RHS Cross Country, Attn: Chris Yeshulas 801 N13th ST., READING, PA 19604.**

**Questions contact: Chris Yeshulas: (484)525-0182, yeshulas@gmail.com**

.....Please Print Clearly.....

Last name \_\_\_\_\_ First name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

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, Reading School District and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/ 20  
Parent's Signature if under 18 years of age: \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/ 20