

Berks Gymnastics Team presents the 1st annual



Flippin' Fun 5K Turkey Run

Thanksgiving Day, Thursday, November 28th - 9:00am
through scenic Wyomissing, PA

Who: Runners of all ages. Bring your family and friends to join our pre-Thanksgiving feast run!

What: The Flippin' Fun 5K Turkey Run will run through gorgeous Wyomissing Park on both streets and trails. This is a fast, relatively flat course.

When: Thanksgiving Day, Thursday, November 28th. Registration begins at 7:30am. 8:30am—Kids Fun Run begins. 9:00am—5K Run begins. 10:00am—Award presentation in the pavilion.

Where: The race will begin and end at the Quarry Soccer Fields, 2001 Old Wyomissing Road, Wyomissing, PA 19610. The fields are located behind the Wawa on the corner of Museum Road and Lancaster Avenue in Shillington.

How: Applicant's may pre-register with the form below or online at PretzelCitySports.com. Registrations are available the day of the run. Sign-in and late registrations will take place under the pavilion at Quarry Fields. Early registrations are discounted and will be accepted if received prior to 11:59pm on November 11, 2013.

Long sleeved t-shirts are guaranteed for all 5K pre-registrants. Remaining shirts will be given to registered 5K participants on a first

come first serve basis, honoring size requests to the best of our ability. Any additional shirts will be for sale at the event.

Fees: 5K: \$23.00 if received on or before 11/11/2013, \$30.00 11/12/2013 or later. Kids Fun Run: \$10.00 pre-registered, \$15.00 after 11/11/2013. Payments can be made by check or money order by mail. If registering online, credit card and Paypal are accepted. Please note there is a minimal processing fee for online registrations.

Early Sign-in and Packet Pick Up: 11/26/13 and 11/27/13 from 6:00-8:00pm at the Berks Gymnastics Academy, 325 Morgantown Road, Reading, PA 19611.

Results: Finish line and timing services by Pretzel City Sports. Results posted on www.pretzelcitysports.com within 24-48 hours of the race.

Prizes: Trophies will be presented to Overall Male and Female Champions. Medals will be awarded to the top three male and female finishers in each of the following age brackets: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. Participants in the Fun Run will receive a ribbon and goodie bag. We will also award a prize to the runner with the best Thanksgiving costume.

Questions: BerksGym.5KRun@yahoo.com or 484-818-0703 or find us on Facebook (Berks Gymnastics Flippin' Fun 5K Turkey Run)!

Please Print – Entry Form – One Per Person Make checks payable to Berks Gymnastics Team. Mail payment to: 325 Morgantown Road, Reading, PA 19611

Last Name _____ First Name _____ Male Female

Address _____ City/State/Zip _____


Date of Birth _____ Age on race day _____ Email: _____ Phone _____

Registering for: 5K Run Kids Fun Run Adult T-shirt Size S M L XL XXL Child L Child M (T-shirts given to the first 300 5K registrants)

Fee Enclosed \$ _____ (Checks payable to BGT—Berks Gymnastics Team) 5K Before 11/11/13—\$23 After 11/11/13—\$30
Kids Fun Run Before 11/11/13—\$10 After 11/11/13—\$15

If running as a friend of one of our gymnasts, please indicate their name. _____

Waiver and Release: I, the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against the Berks Gymnastics Team and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

 Signature: _____ Date: _____
(If under the age of 18, a parent or guardian's signature is required.)


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