



The Cushion Peak Trail Challenge

**The Toughest 5k & 10K
Trail Runs in the Region!**

**Rocky Terrain with 400 Feet of Climbs
Rock Wall & Zip Line Open for Runners**

Sunday, September 15th, 2013

9am for the Run

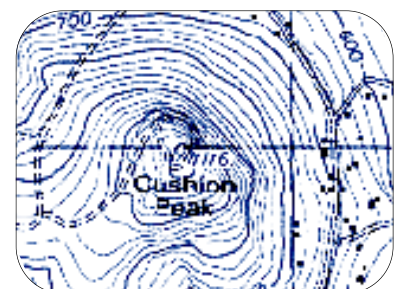
10 am for the Walk

5k or 10k

1 Mile Fun Run for Kids

1 Mile Fun Walk (Dogs On Leash Welcome)

**South Mountain YMCA Camps
Wernersville, PA 19565
610-670-2267
www.smyymca.org**



South Mountain YMCA Camps
Presents Berks County's Toughest 5k & 10k Trail Runs!

The Cushion Peak Challenge

10K, 5K, 1 Mile Kids' Trail Run or Fun Walk
Sunday, September 15th, 2013

LOCATION/REGISTRATION: Starts at the South Mountain YMCA Camps (GPS: 201 Cushion Peak Road, Reinholds); Registration/number pickup at Bynden Wood Lodge starting at 8:00 AM. 5K and 10 K start at 9:00 AM*, kids run and walk are non-competitive and begin at 10:00 AM. *Dogs are welcome in the walk but must be on a 6 foot leash.*

*This is a mass start. Runners can choose their distance on race day or in even in mid-race (course is 2 laps for 10k). *Online Registration* is available for a nominal fee at www.pretzelcitysports.com.

COURSE: The course is wheel-measured, features 400ft of elevation, rocky trails, and is not for the faint of heart.

AMENITIES: T-shirt to all pre-registrants of 5K or 10K; "goodie" bag for all kids run finishers. Refreshments for finishers, indoor toilet facilities & showers, loads of parking, time clock at finish and instant results. **The Camp will open the Climbing Tower and Zip Line for all interested participants.** Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 72 hours.

AWARDS: Awards for the male & female winners and runner-ups plus: 18 & Under: 3M, 3F; 19 - 29: 3M, 3F; 30-39: 3M, 3F; 40-49: 3M, 3F; 50-59: 3M, 3F; 60+: 3M, 3F. No kids race awards but grab bags for all finishers.

ENTRY: \$23 if postmarked by September 1, 2013. Afterwards, including race day, \$28 while shirts last. For Kids' Run and Fun Walk participants, \$5 if postmarked by September 1. Afterwards, including race day, \$10. Race day registration for Kids' Run to be CLOSED once we have as many kids entries as we have grab bags so pre-register if possible. Also, no shirts for kids or Fun Walk participants due to reduced fee, but shirts will be available at cost on race day while supplies last.

GENERAL DIRECTIONS FOR ALL: Take 422 from Reading towards Lebanon In Sinking Spring, turn left onto Columbia Avenue. Columbia Avenue becomes Fritztown Road. Turn right onto East Galen Hall Road. Turn right onto Cushion Peak Road. The entrance for the South Mountain YMCA Camps will be at the top of the mountain on your left. *For GPS Directions, use 201 Cushion Peak Road, Reinholds, PA.*

MAIL CHECK PAYABLE TO "The South Mountain YMCA" & THIS FORM TO: South Mountain YMCA , PO Box 147, Wernersville, PA 19565. RACE DIRECTOR: Nathan Brant: (610) 670-2267 nbrant@smyymca.org , www.smyymca.org

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

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age _____ Date of birth ____/____/____

Race (circle one): 10K, 5K, KIDS, WALK, WALK w/ DOG Sex: M F Phone: _____

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 trails, 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, the South Mountain YMCA 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 ____/____/ 2013