



# THE KU FOUNDERS' WEEK 5K CROSS COUNTRY RUN

and 150-yard Cub Dash (free for kids 10 & under)  
in celebration of Kutztown University's 150th anniversary!

**Wednesday, September 14, 2016**

**6:30 p.m.** | **Registration begins 5:30 p.m.**

on the KU Cross Country Course (Luckenbill Rd.)

**5K: \$25 NON STUDENT / \$15 KU STUDENT**  
includes entry fee, T-shirt\*, and giveaways if  
postmarked by Aug. 31; \$30 / \$20 after Aug. 31



Post race awards for age categories and overall male and female.

Music, Avalanche, and refreshments are just a few of the fun happenings during this momentous event!

*(see reverse for registration details)*

*\*Registration must be post-marked by August 31 to be guaranteed a t-shirt in the requested size. All registrations received after this date will receive a shirt while supplies last.*

REGISTRATION AVAILABLE ONLINE AT [WWW.PRETZELCITYSPORTS.COM/ONLINE\\_REGISTRATIONS.HTML](http://WWW.PRETZELCITYSPORTS.COM/ONLINE_REGISTRATIONS.HTML)

# THE KU FOUNDERS' WEEK 5K CROSS COUNTRY RUN

and 150-Yard Cub Dash (free for kids 10 & under)

**WEDNESDAY, SEPTEMBER 14 | 6:30 P.M.**

Cub Dash at 6:15 p.m. | Registration at 5:30 p.m. | KU North Campus, Luckenbill Rd., Kutztown, Pa.

*Proceeds benefit the KU Sesquicentennial Student Scholarship Fund*



**ENTRY FEES:**

**5K:** \$25 for the general public, \$15 for KU students

**Pre-registration** by August 31 includes T-shirt

*Registration must be post-marked by Aug. 31 to be guaranteed a t-shirt in the requested size. All registrations received after this date will be \$30 non-student/\$20 KU student and will receive a shirt while supplies last.*

**Cub Dash (ages 10 and under):** Free

*(Entry form must be completed to participate. T-shirt not included.)*

**AWARDS:**

- Overall male and female finishers and overall KU male and female finisher (no duplicates)
- Age group winners: 0-17, 18-22, 23-29, 30-39, 40-49, 50-59 and 60+
- Youngest and oldest finisher

**COURSE:**

Wide grass cross country course that is home to KU meets and the Berks County high school championships. Figure eight loop featuring rolling hills, beautiful scenery, and a flat start/finish area.

**AMENITIES:**

Official race T-shirt for all 5K runners who pre-register; post-race snacks and refreshments; race-day DJ; course photographer; official race timing by Pretzel City Sports.

**DIRECTIONS:**

Take Main St. through the Borough of Kutztown to the KU campus. Proceed through campus and turn onto Luckenbill Rd. Parking will be available to the right in Lot B3, just past North Campus Drive. Race registration will be under the tent at the start/finish area on the athletic fields just west of the parking lot.

**RACE DAY WEATHER POLICY:**

The race will be held rain or shine. The race director reserves the right to postpone/cancel the race in the event of severe weather (i.e. lightning). There will be no refunds for any decision made due to severe weather conditions.

**FOR INFORMATION ON RACE DAY, PLEASE CALL 484-646-4202.**

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NAME	PHONE#	E-MAIL			
ADDRESS	CITY	STATE	ZIP		
AGE (DAY OF RACE) _____	M/F _____				
CIRCLE ONE:      5K      150-yard Cub Dash	T-SHIRT SIZE (5K ONLY) :	S	M	L	XL

*I know that running a cross country race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Kutztown University, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.*

SIGNATURE (IF UNDER 18-PARENT/GUARDIAN)

DATE

PLEASE MAKE ALL CHECKS PAYABLE TO: **KUTZTOWN UNIVERSITY**  
MAIL APPLICATION AND PAYMENT TO: **AMY SANDT, RECREATIONAL SERVICES, PO BOX 730, KUTZTOWN, PA 19530**

**FOR MORE INFORMATION EMAIL SANDT@KUTZTOWN.EDU OR WWW.KUTZTOWN.EDU/150**  
**REGISTRATION AVAILABLE ONLINE AT WWW.PRETZELCITYSPORTS.COM/ONLINE\_REGISTRATIONS.HTML**