

The Norchester Red Knights Football and Cheerleading Organization  
Present the 1<sup>st</sup> Annual

# N R K 5k "Grid Iron" Run & 1 Mile Kids Fun Race

**Saturday, June 18, 2016 - 9:00 A.M**

*"Possibly the Areas Flattest, Fastest and Most Scenic Course"*

**LOCATION:** OJR's French Creek Elementary School 3590 Coventryville Rd Pottstown PA 19465.  
Registration / number pickup opens at 8:00 a.m. 5k starts at 9:00 a.m., Fun Starts immediately after start is clear.

Running Fabric short sleeve T-shirt to all pre-entries & race-day entries while they last.  
Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

**COURSE:** FLAT, FAST wheel measured course on well shaded country road along the south Branch of French Creek.

**AWARDS:** 5K: Separate awards for the male and female winners and runner-ups plus:  
14 & under: 3M, 3F , 15-19: 3M, 3F 20-29: 3M, 3F 30-39 :3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60+ 3M, 3F

1 Mile Kids Race - Top 3 Males & Females – Football and Cheer Coaches will be Racing the Kids

**Registration: \$25**

**Athletic T-Shirt Guaranteed if Registered by June 7<sup>th</sup> 2016**  
**\$30 after June 7, 2016 to Race day**

**DIRECTIONS:** Located Approximately 2 Miles West of Rt 100, at Reeds Antiques Head South on Coventryville Rd 3590 Coventryville Rd Pottstown PA 19465

**Online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

**MAIL CHECK PAYABLE TO "Norchester Red Knights"**

Mail this FORM TO: Norchester Red Knights – 88 Glocker Way Box 273 Pottstown PA 19465

**Race Director: Chad Grimm (856) 418-4308, [CWGrimm5@yahoo.com](mailto:CWGrimm5@yahoo.com),**

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
NO SHIRTS FOR KIDS RUN ENTRIES-may be available for purchase that day circle one or both

Email: (print clearly) \_\_\_\_\_

Already getting Pretzel City emails regularly? \_\_\_\_ Yes \_\_\_\_ No **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, Nor Chester Red Knights Parent Organization, 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. 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 \_\_\_\_/\_\_\_\_/\_\_\_\_