

BFit's Inspiration 5K Run/Walk or 1 Mile Run/Walk
Challenging the Warrior Within!
Sunday, June 12 at 9AM - Reading, PA

LOCATION/REGISTRATION: At Wyomissing Trail located at the Quarry behind the WaWa on Lancaster Avenue. The race will begin & end at the Quarry Soccer Fields, 2001 Old Wyomissing Rd, Wyomissing, PA 19610. The fields are located behind the Wawa on the corner of Museum Rd & Lancaster Ave in Shillington. Packet Pick Up and Race Day Registration begins at 7:30 AM.

COURSE: GPS measured 5K and 1 Mile with some rolling hills, mix of trail and pavement

AMENITIES: "COOL" T-shirt and real finisher medals for all finishers. Refreshments for finishers, indoor toilet facilities, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results will be posted on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the male & female winners and runner-ups plus: 14 & Under: 3M, 3F 15-18: 3M, 3F 19-29: 3M, 3F 30- 39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F

ENTRY: For 5K & 1 Mile: \$20 if mailed by June 1, 2016. After, \$25 while shirts last, \$20 with no shirt.

Optional Online Registration Available on www.pretzelcitysports.com
(small service fee applies, closes midnight of Wed, June 8)

MAIL CHECK PAYABLE TO : BFit Now, 5040 Pine View Drive, Mohnton, PA 19540

For more information contact Anne Hess 717-203-2641 or anne@bfitnow.net

..... Please Print Clearly

Last name _____ First name _____

Address _____

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

Event: (circle one) 5K Run/Walk or 1 Mile Run/Walk Sex: Male ___ Female ___ Phone:(____) _____

Shirt Size (circle one): S M L XL E-mail _____@_____

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 any- one else who might claim on my behalf, covenant not to sue, and waive, release and discharge BFit Now, Pretzel City Sports, 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 or 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 whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown. I am granting permission to all parties involved with the race 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:

Signature _____ (if under 18, legal guardian must sign) Date ____/____/____