



BERKS 5K BENEFITTING THON™



& 1-MILE WALK LED BY THE NITTANY LION! Sunday, September 25, 2016 – 10 A.M. Penn State Berks

LOCATION/REGISTRATION: Penn State Berks Campus- Tulpehocken Road, Reading, PA 19610- beginning and ending on the Luerssen Field. Registration will be located outside the Perkins Student Center beginning at 9 a.m.

COURSE: Take a nature 5K run or 1-mile walk through the beautiful Penn State Berks campus!

AMENITIES: T-shirt to all who pre-register for the 5K. Refreshments at finish line, indoor restroom facilities, parking, time clock at finish, and instant results. Held rain or shine. No refunds or mailed awards. Results will be posted to www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the overall male and female winners and the top male and female runners in each age group. Age groups include 18 & under, 19-29, 30-39, 40- 49, 50-59, 60 & over.

FEE: Early registration fee is \$20 for all entries postmarked by September 10, 2016 (includes a shirt in your selected size). Registration fee is \$25 for all entries after September 10, 2016, including race day (T-shirts as available).

GENERAL DIRECTIONS: *Directions may be found on berks.psu.edu/information/directions*
For further information, please contact Bernadette Samanns: bas5904@psu.edu or 267-949-7204.

RACE DIRECTOR: Bernadette Samanns: 267-949-7204, bas5904@psu.edu
Online registration available at www.pretzelcitysports.com
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

PLEASE MAIL CHECK PAYABLE TO: "Penn State Dance Marathon"
Memo "Berks 77" & send w/form below to:
Penn State Berks, P.O. Box 7009, Tulpehocken Rd., Reading, PA 19610-6009
ATTN: Alexa Wojciechowski, Perkins Student Center, Room 10

.....PLEASE PRINT CLEARLY.....

Last Name _____ First Name _____

Address _____

City/State _____ Zip _____ Race Day Age _____ Date of Birth ____/____/____

Race (circle one): 5K 1 mi. WALK Sex (circle one): M F Phone: (____) _____ A.M. or P.M.?

Shirt Size (circle one): S M L XL 2XL email _____@_____

Already Getting Emails from Pretzel City Sports 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 effects 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, Penn State Berks 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 below)

Signature _____ Date ____/____/2016