

The Berks County Scholastic Athletic Trainers' Association presents the 6th Annual

Sprains and Strains 5K Run/Walk

And the Hangnail 1 Mile Fun Run/Walk

Sunday, November 13, 2016

9:30 AM 5k / 10:15 AM 1 Mile Fun Run

WHO: Runners of all ages and abilities. Bring your family and friends. Walkers are welcome for both events.

WHAT: Proceeds from the Sprains and Strains Races are used for BCSATA's Annual Scholarships. These scholarships are awarded to high school seniors who will be attending college in hopes of pursuing a career in athletic training.

WHERE: *NEW LOCATION FOR 2016*****

The race will start and finish 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.

If using GPS, please use:

100 W. Lancaster Pike, Wyomissing, PA 19610

WHEN: Sunday, November 13th

8:00 AM – 9:15 AM Registration

9:30 AM 5K Run

10:15 AM 1 Mile Fun Run

5K Awards immediately following the Fun Run.

5K RUN: Course runs through the scenic Wyomissing Parklands on both streets and stone trails. Course is relatively flat. Timing and results by Pretzel City Sports.

1 MILE FUN RUN: ALL AGES! Out and back course on Old Wyomissing Rd. Race will be timed, but there will be NO RESULTS or AWARDS. This race is just for fun!

REGISTRATION/FEE:

Registration Details	5k Run (9:30 AM)	1 Mile Fun Run (10:15 AM)
Early Registration on or before 10/28/16	\$25 – Long sleeve cotton Shirt included \$15 – No Shirt	\$15 - Short sleeve cotton shirt included \$10 – No Shirt
After 10/28/16, including Race Day	\$30 – If shirt available \$20 – No Shirt	\$10 – No Shirt

Optional Online Registration on www.pretzelcitysports.com until midnight, Wednesday, November 9
(nominal service charge applies)

Mail Check payable to: **BCSATA**

Send check and form to:

**BCSATA c/o Liz Clark
603 Caramist Circle
Sinking Spring, PA 19608**

Race Directors: Liz Clark – llclark@tulpehocken.org and Kiernan Melograna – MelKie@Wilsonsd.org

First Name: _____ Last Name: _____

Street: _____ City: _____ State: _____ Zip: _____

Sex: M F Age on Race Day: _____ Date of Birth: _____ / _____ / _____

Race (Please Circle): 5K 1 Mile Fun Run Shirt Size (Please Circle): No Shirt Option YS YM YL
AS AM AL AXL AXXL

School District: _____ Email: _____

Waiver: I know that running in this race has the possibility of being a hazardous activity. I also know that I should not run unless I am medically able and have properly trained. I have been forewarned that there will be traffic along the course on the road I must run across and I understand and assume the risk for running in traffic. In addition, I assume all other risks associated with running or attending this race including, but not limited to, falls, contact with other participants, the affects of the weather and the condition of the roads, trails, and sidewalks, all such risks being known and appreciated by me. Knowing these facts and in appreciation of your accepting my entrance fee, I hereby for myself and all others who may claim on my behalf, agree to not sue and will release the Berks County Scholastic Athletic Trainers' Association and all other organizations, municipalities, and all people associated with the race and the organizations involved in the race or those acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind arising out of, or in the course of, my participation in this event. By entering the race I am granting permission to the Berks County Scholastic Athletic Trainers' Association to use any pictures or likenesses of me secured at the event in any way they seem fit without my review, restriction, or compensation. This waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. **I HAVE READ AND UNDERSTAND THIS WAIVER.**

Signature: _____ **Date:** _____ / _____ / 2016

Participant Signature or Parent/Guardian if under 18

Amenities: Long Sleeve Cotton Shirt for 5k race. Short Sleeve Cotton Shirt for 1 Mile Fun Run (early registrants only). No Shirt Option available for both races. Swag Bag for all participants. Bathroom Facilities. Multiple pass water stop for 5K. Time clock at finish. Hot & cold refreshments after the race for all runners. Door Prizes and other raffles.

Registration: Race day registration and number pick up will be from 8:00 AM – 9:15 AM at the Quarry Fields Pavilion. The 5K will start at 9:30 AM. The 1 Mile Fun Run will start at 10:15 AM.

5K Awards: Gift Cards for ALL 5k Awards

Top male and female winners plus:

Junior Varsity	Varsity	Minor Leaguers	Pros	Weekend Warriors	Athletic Supporters	Hall of Famers	Timeless
13 & under	14-19	20-29	30-39	40-49	50-59	60-69	70 & over
2M, 2F	3M, 3F	3M, 3F	3M, 3F	3M, 3F	3M, 3F	2M, 2F	2M, 2F

Team Competition: To get a little friendly rivalry going on between the school districts, the district that has the best XC score (top 5 finishers by points within the school district you choose), will receive a trophy to display in the athletic training room, Each year the trophy will be moved to the winning school.

Enter the school district you currently attend, are an alumni of, coach at, teach at, or are a resident of to help out your school!

Team Award: Bloody Taped Foot Traveling Trophy to the top School District

Past Team Champs:	2015	Tulpehocken	2012	Exeter
	2014	Wilson	2011	Tulpehocken
	2013	Tulpehocken		

Results: Online results will be available on www.pretzelcitysports.com

1 Mile Fun Run – All ages and abilities welcomed. Run will be timed, but no results will be posted. No awards will be given. This run is strictly for fun. Parents may pace younger runners, but are asked not to go thru the finish line.

Course Maps - available at <http://www.bcsata.com>

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Send check and form to: **BCSATA c/o Liz Clark**
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Sinking Spring, PA 19608

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