



Pottsgrove XC presents:

7th Annual Toss Your Turkey 5K

Thursday, November 23, 2017 8:30 AM

Online Registration: Runtheday.com

LONG SLEEVE TECH SHIRTS TO FIRST 700 5K RUNNERS ENTERED!

CHIP TIMED!

CASH PRIZES TO 1ST AND 2ND OVERALL MALE & FEMALE!

1Mile Fun Run at 9:10

Group/Family Rates – Start a TG 5K Tradition!

LOCATION: Montgomery County Community College, 101 College Drive, Pottstown, PA. Day of registration and day of packet pick up starts at 7:00 am.

GIMMICK ALERT: All entrants will have the opportunity to “toss” a frozen turkey (which will be provided) from 7:00 until 8:15. Male and female who tosses his/her turkey the farthest AND runs the 5k will win Saucony shoes from Chester County Running Store!

AWARDS: Overall male/female winner receives \$100, second place \$50! Age group awards (LOTS!) on back.

COURSE: VERY flat, wheel-measured 5K loop (80% of race on SRT bike path)

ENTRY: \$25.00 postmarked (or on-line) by **Sunday, Nov. 19, 2017**. After this and race day the cost: \$30.00.

Pre-Registered Group/Family Rate: 5 entries for \$100.00 and \$20.00 each additional runner. Must be mailed in one envelope. *Group/Family rates are also available to on-line entries.*

Sly Fox Track Club members: special \$20.00 pre-registered!

Kids’ 1 mile Fun Run: Free!

CHECKS PAYABLE TO: “Pottsgrove Cross Country”. Send to Larry Rehtin, Pottsgrove High School, 1345 Kauffman Rd, Pottstown, PA 19464. Email to: lrehtin@pgsd.org

Print Clearly _____

Last Name: _____ First Name: _____

Address: _____ City: _____ Email: _____

State: _____ Zip: _____ Sex: M F Race day age: _____ Date of Birth ___/___/___

Race entered : 5K _____ Fun Run _____

Long sleeve tech shirt Size (they tend to run larger than cotton t’s): **XS S M L XL XXL**

Waiver: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume any or all other risks associated with running or attending the race or Turkey Toss, including but not limited to falls, contact with other participants, the affects of weather and the condition of the course, 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 behalf, covenant not to sue, and waive, release and discharge Pottsgrove XC, Pottsgrove School District, Chester Co. Running Store, Montgomery County Community College, Pottstown Borough, Pottstown Parks & Recreation or any other municipalities in which the event is held, all organizers, officials, and any other organization or individual associated with this event from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever foreseen or unforeseen, known or unknown arising out of or in the course of my participation in this event. By entering this race, I am granting permission to the PGXC program to use any pictures or likenesses of me secured at the event in any way they see fit without my review, restriction, or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER!

If under 18, a legal guardian must sign.

Signature _____

Date: _____ / _____ / 2016

Male and Female Age Groups:

(Top 3 12 and under will receive trophies)

All other groups receive awards listed below:

13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
70+

RACE AWARDS:

1st place in each age group receives a pie. Perfect for that TG dessert you didn't prepare because you were out running some race!

Age group placers (1st – 3rd) receive a Toss Your Turkey pint glass.

Medals or ribbons to all Mile Fun Run finishers!

Chip timed by Pretzel City Sports with results posted at Pretzelcitysports.com

Post-race snacks and drinks.

Pre-race Pack Pick-up

Chester County Running Store

(Suburbia Shopping Center, 38 Glocker, Pottstown, PA)

Tuesday and Wednesday (Nov. 21-22) 5:00 – 7:00 pm.

CCRS will give a **15% discount** on all store items purchased at packet pick-up.

ON RACE DAY WE WILL BE COLLECTING CAN GOODS WHICH WILL BE DONATED TO A LOCAL FOODBANK.

Proceeds benefit:

- **Pottstown Cluster of Religious Communities Meals and Shelter Programs**
- **Operation Backpack Food Program for kids**
- **PGXC**

