



THE TWELFTH ANNUAL
Frozen Knight 5K RUN

Virtually this year!!

PRESENTED BY THE

READING HIGH SCHOOL CROSS-COUNTRY PROGRAM



Sat, February 27, 2021- March 13, 2021

Benefits Reading School District students who participate in the sport of running!

LOCATION: Anywhere in your neighborhood, local track, hiking trail. While you're running or walking your 5k route, imagine you're in your wildest dream location, cool breeze blowing thru your hair on top of Mt. Washington, or your face basking in the sun on a beach in Hawaii!

COURSE: Anywhere you want! You decide, run a treadmill, a track, or map out a course. You can even do the actual course. Here is the link for it on map my run: <https://www.mapmyrun.com/routes/view/1432126081> 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track. Only 16,473 ft. Go to USA Track & Field's website, click on MapIt, and create your own 5K course in your neighborhood, then go out and run, walk, ride your bike, or shuffle it! Rain or shine

RESULTS: Complete 3.12 miles (5K), record your time (even send us a picture of your watch face, and you too!!) We can post them on <https://www.facebook.com/frozenknight5k> Your results must be sent to us by email to yeshulac@readingsd.org You must submit your time by Hour: Minute: Sec No later than Saturday, March 13th at 8:00 PM to have your effort be included in the final Virtual race results. Results will be posted to Pretzelcitysports.com by the end of the first workday following the race.

REASON TO PARTICIPATE: Because YOU CAN!!! 100% of proceeds will be used to help student-athletes in the Reading School District be outfitted in proper gear to compete and prevent injury. Many student-athletes in the city already have a difficult time during normal times, the COVID-19 pandemic makes it even harder. If you would like to donate gear or make an additional financial contribution email Coach Yeshulas at yeshulac@readingsd.org

ENTRY with long sleeve tech Shirt Pickup \$20 if registered by February 24th, with T-Shirt guaranteed. After February 24th \$25, shirts available while supplies last.

Shirts May be Picked up at FleetFeet West Reading between the hours of 3:30PM & 7:30PM on **we will notify you new date!**

ENTRY with long sleeve tech Shirt Mailed \$25 if registered by February 24th, with T-Shirt guaranteed. After February 24th, \$30, shirts available while supplies last.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, Saturday, March 13th)

AWARDS: To generate as much aid as possible, no money will be spent on awards.

Virtual Bragging Right Categories 1st male & Female Overall and Top 3 Males & Females in the following age groups: 12 & Under, 13-19 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 and 80 + (you're never too old!!)

MAIL CHECK PAYABLE TO "RSD/ Cross Country"

MAIL CHECK & FORM BELOW TO: Chris Yeshulas, 1022 Rick Rd, Reading PA 19605.

Questions?? Chris Yeshulas: by phone/text (484)525-0182, or by e-mail yeshulac@readingsd.org

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

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

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

Event: (Circle option) Virtual with Shirt Pick Up Virtual with Mailed Shirt Option

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 of 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, Reading School District 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, a legal guardian must sign)

Signature _____ date ____ / ____ / 20____

(Parent's Signature instead entry is under 18 years old)