

# BCIU Apple a Day 5k & Family Fun Run/Walk

Friday, May 1 at 6 p.m.

to benefit the United Way of Berks County

**AWARDS: 5k:** Trophy for top male and female runners in addition to awards for the top three males and females in each of the following age brackets: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.



## 5K RACE

**ENTRY FEES:** \$25, if postmarked by Friday, April 17, includes t-shirt. After April 17, and including race day, \$30 while shirts last, \$20 when gone. (Mail-in or online registration available.)

**EVENT PARTNERS & STUDENTS:** \$20, if postmarked by Friday, April 17, includes t-shirt. After April 17, t-shirts not guaranteed. Must be an employee of the BCIU, Penn State Health, Penn State Berks, or the United Way of Berks County. Students must be 21 years of age or under. (Mail-in or online registration available.)

## FAMILY FUN RUN / WALK

\$10 per person if postmarked by Friday, April 17, includes t-shirt. After April 17, and including race day, \$10 while shirts last, \$5 when gone. (Mail-in registration only. Each family member must complete form. Please mail all forms and payment in one envelope.)

Optional ONLINE registration available at: [www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(Nominal processing fee applies, closes on Wednesday, April 29, at midnight).

**RACE DIRECTOR:** Amelia Krotee, 610-987-8467 or email [amekro@berksiu.org](mailto:amekro@berksiu.org). More info at [www.berksiu.org/5k](http://www.berksiu.org/5k)

Optional Registration/number pickup available on Thursday, April 30, at the Berks County Intermediate Unit Main Office (1111 Commons Blvd., Reading) from 3–5 p.m.

## LOCATION & TIMES

**Penn State Berks**  
2080 Tulpehocken Road | Reading, PA 19610

- 5:00 p.m.** Registration/number pickup
- 6:00 p.m.** 5k starts
- 6:30 p.m.** Family Fun Run/Walk starts

**COURSE:** Wheel-measured course goes throughout campus on paved surfaces. The race is two loops for the 5k, and one loop for the Family Fun Run/Walk. **This race supports the United Way of Berks County on the scenic PSU Berks campus.** Come out and have fun while supporting your local community! Indoor facilities (with bathrooms) near the start/ finish. Plenty of free parking. Professionally timed by Pretzel City Sports. Refreshments. Rain or shine. No refunds or mailed awards.

----- Please print clearly - One form per person -----

**Make check payable to "Berks County Intermediate Unit." Mail your check & registration form below to:**  
AMELIA KROTEE, BCIU, P.O. BOX 16050, READING, PA 19612-6050

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle one: 5k Run    Fun Run/Walk    Race day age: \_\_\_\_\_ Gender:    M    F    Date of Birth    /    /

Adult Shirt Size (circle one):    S    M    L    XL    Phone: \_\_\_\_\_ Please indicate:  Student

Email (print clearly): \_\_\_\_\_ (if applicable)  Event Partner

**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 anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Pretzel City Sports, Berks County Intermediate Unit, Penn State Health St. Joseph, Penn State Berks, United Way of Berks County, and any subcontractors they utilize, 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. By entering this race, I am granting permission to Pretzel City Sports and Berks County Intermediate Unit 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: (if under 18, legal guardian must sign).

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent's/Legal Guardian's Signature if entry is under 18 years old)

