



**BERKS DEAF & HARD OF HEARING SERVICES  
PRESENTS**

**Deaf Dash 5K Run/Walk  
And 1-mile FUN Run/Walk**

**Dress up as your favorite Hero/Villain!**  
(Costume encouraged, but not required.)



**Sun, May 17, 2020 - 9 AM – Heritage Center**

*Proceeds from the race will help our Client Services!*

**NEW LOCATION/REGISTRATION:** Heritage Center, 1102 Red Bridge Rd, Reading PA 19610; Registration/number pickup at Heritage Center, starting at 8:00 AM. 5K and 1mi Walk/Run begins at 9:00 AM. The Fun Run/Walk is for all age participants and will run/walk in opposite direction of the 5K. Held rain or shine.

**COURSE:** wheel measured course; scenic, crushed stone, fairly flat, out and back trail.

**5K AWARDS:** Trophies will be presented to Overall Male and Female Champion. Plus, top 2 Male/Female in the following age brackets: 12 and Under, 13-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years will be awarded medals and 3rd Place will receive a certificate. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**Every participant will be entered in RAFFLE with multiple prizes.**

**ENTRY FOR 5K/FUN RUN:** To register, complete the form below and submit a \$25 check/money order by May 1st for the 5K race or 1-mile Fun Run. Kids 12 and under is \$15. The fee for entries received after May 1st and on race day is \$30 for adults, kids 12 and under is \$20. T-Shirts are guaranteed to registered runners/walkers by May 1st. After May 1st, while supplies last.

Online entries accepted at <http://www.pretzelcitysports.com> (Nominal service fee applies; closes at midnight, Wednesday, May 13<sup>th</sup>)

**RACE SUPPORTER:** If you cannot or do not want to walk or run please come out and support the walkers, runners, and Deaf and Hard of Hearing Community and have fun! Bring a chair and cheer on your favorite hero or villain! You can be a race supporter by donating \$10 and receive a race day t-shirt (by May 1st, t-shirt is guaranteed, after May 1st while supplies last). Day of race supporter is \$15.

**DIRECTIONS: From the Reading Area:** Rt. 12 & Route 422 West/Warren Street Bypass until Paper Mill Rd. exit. At the end of ramp, continue straight. Go two more traffic lights to Broadcasting Rd. and turn right. Go approx. 1/2 mile and turn left onto 222 North. Stay on this highway until you see the exit for 183. Turn right onto 183 South and go through traffic light (gas station on your right). On the right-hand side, immediately following the dairy farm, is Red Bridge Rd. Turn right on Red Bridge Rd. at our Park entrance sign. The Heritage Center is straight ahead.

**From Lancaster/York & South/West (or Rt. 76 [PA Turnpike] exit 21):** Route 222 North. Stay on this highway until you see the exit for 183. Turn right onto 183 South and go straight through traffic light (gas station on your right). On the right-hand side, immediately following the dairy farm, is Red Bridge Rd. Turn right on Red Bridge Rd. at our Park entrance sign. The Heritage Center is straight ahead.

**MAIL CHECK PAYABLE TO "BDHHS 5K" & FORM BELOW TO:** 2045 Centre Ave, Reading, PA 19605  
for more info. please contact Sarah Foltz at (610)685-4520 – [sfoltz@bdhhs.org](mailto:sfoltz@bdhhs.org)

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

Race (circle one):                      5K- Walk    Run                      FUN RUN                      RACE SUPPORTER

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

SEX: M      F                      EMAIL: \_\_\_\_\_

Race day age: \_\_\_\_\_ Date of birth    /    /

T-shirt size (circle one)  
**Youth: S M L**  
**Adult: S M L XL XXL**

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, Berks Deaf & Hard of Hearing Services 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, legal guardian must sign)

signature \_\_\_\_\_ date \_\_\_\_\_ / \_\_\_\_\_ / 2020