



PennState
Berks

**BERKS
BENEFITTING
THON**

5K

**5 K & 1-MILE WALK LED BY THE NITTANY LION
Sunday, September 29, 2019 – 10 a.m.
Penn State Berks**

LOCATION/REGISTRATION: Penn State Berks - Tulpehocken Road, Reading, PA 19610 - beginning and ending on the Luerssen Field. Registration will be located outside the Perkins Student Center beginning at 9 a.m. The 5K run and 1-mile walk starts at 10:00 a.m at the start line on Luerssen Field.

COURSE: Take a nature 5K run or 1-mile walk through the beautiful Penn State Berks campus

AMENITIES: T-shirt to all who pre-register for the 5K by September 6th, 2019. Refreshments at finish line, indoor restroom facilities, parking, time clock at finish, and instant results. Held rain or shine. No refunds or mailed awards. Results will be posted to www.pretzelcitysports.com 1-2 days after the event.

AWARDS: Awards for the overall male and female winners and the top male and female runners in each age group. Age groups include 18 & under, 19-29, 30-39, 40-49, 50-59, 60 & over.

FEE: Early registration fee is \$20 for all entries postmarked by September 6, 2019 (includes a t-shirt in your selected size). Registration fee is \$25 for all entries after September 6, 2019, including race day (t-shirt as available). Online registration available at www.pretzelcitysports.com (Nominal service fee applies, closes on Wednesday, September 25 at 11:59 p.m.)

GENERAL DIRECTIONS: Directions may be found on berks.psu.edu/information/directions
For further information, please contact Alexys Wilhelm at amw6743@psu.edu or 808-724-4190

RACE DIRECTOR: Alexys Wilhelm: 808-724-4190, amw6743@psu.edu

PLEASE MAIL CHECK PAYABLE TO: "Penn State Dance Marathon" Memo "Berks 77" and send with the form below to:
Penn State Berks, P.O. Box 7009, Tulpehocken Rd., Reading, PA 19610-6009
ATTN: Alexa Wojciechowski, Perkins Student Center, Room 10

.....**PLEASE PRINT CLEARLY**.....

Last Name _____ First Name _____

Address _____ City/State _____ Zip _____

Race Day Age _____ Date of Birth ____/____/____ Phone: (____) _____ a.m. or p.m.?

Race (circle one): 5K 1 Mile Walk Sex (circle one): M F Shirt Size (circle one): S M L XL 2XL

Email _____ Already Receiving Emails from Pretzel City Sports Regularly? Yes No

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am physically 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, Penn State Berks 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, assignees 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 or nature whatsoever arising from, 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 below)

Signature _____ Date ____/____/2019