

The Pagoda Pacers - Reading, PA Presents the 42nd Annual

# GRING'S MILL RUN

5K & 10K Races & 1/2 Mile Kids Run

Sunday, August 4th, 2019 9:00 A.M.

*“Pennsylvania’s Prettiest Race”*

**NEW LOCATION:** Berks County Heritage Center, 1102 Red Bridge Road Reading, PA 19605.

Registration/number pickup opens at 7:30 a.m. 5k/10k starts at 9:00 a.m., Kids Run approximately 10:15 a.m. Clock at finish, great post-race food, mile splits, instant results, Live Band, Raffle Prizes and high tech shirt. Finish next to historic red covered bridge.

**COURSE:** 99% flat & Zero Traffic; VERY scenic course!!! **BONUS:** no need to decide which event you want to do now; make your decision race day when you know better how hot it is and how fit you are!

**ENTRY:** 5k/10k: \$30 registration includes race shirt. Race day, \$35 while shirts last, \$30 when gone. **GREAT DOOR PRIZES,** 2 free entrees per runner, more available for purchase. Bring cash.

**KIDS RUN:** \$7.00. Race day registration for kids run to be **CLOSED** once we have as many entries as we have grab bags so pre-register if possible. Please Note: Kids participating in either the 5k or 10k & kids run must enter separately for each race.

\*On-line registration w/credit card available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)\*  
(A nominal service fee applies – closes at midnight, Wednesday, July 31, 2019)

MAIL CHECK PAYABLE TO “Pagoda Pacers A.C.”

SEND CHECK & FORM BELOW TO: Caroline Hill 63 Preston Rd. Wernersville, PA 19565.  
Race Directors: Caroline Hill: 484-332-7468, Laura Yoder 484-433-8179, Jane Setley 610-413-3388  
[gringsmilldirector@pagodapacers.com](mailto:gringsmilldirector@pagodapacers.com)

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

Address \_\_\_\_\_ City \_\_\_\_\_ Select Event: 5k 10k Kids run

State \_\_\_\_ Zip \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

No shirt \_\_\_\_\_

Unisex Shirt Size (check size): S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ Women’s Cut (check size): S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ A.M.? \_\_\_ PM? \_\_\_ Both? \_\_\_

Email Address: \_\_\_\_\_@\_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

Please print clearly

Sign back of waiver

Application May be Duplicated

**AGE GROUPS: 5K: Top 2 Male and Female finishers plus: 14 & under: 3M, 3F 15-19: 3M, 3F  
20-24: 3M, 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-39: 3M, 3F 40-44: 3M, 3F 45-49: 3M, 3F  
50-54: 3M, 3F 55-59: 3M, 3F 60 -64: 3M, 3F 65-69: 3M, 3F 70-74: 2M, 2F 75 plus 2M, 2F**

**10K Top 2 Male and Female finishers plus: 14 & under: 3M, 3F 15-19: 3M, 3F  
20-24: 3M, 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-39: 3M, 3F 40-44: 3M, 3F 45-49: 3M, 3F  
50-54: 3M, 3F 55-59: 3M, 3F 60 -64: 3M, 3F 65-69: 3M, 3F 70-74: 2M, 2F 75 plus 2M, 2F**

**½ mile Kids Run for 12 year olds & under: Top Male & Female overall plus goodie bags to all finishers.**

**OTHER IMPORTANT INFORMATION:**

- . No pets or alcoholic beverages are allowed in the Berks County Parks System.**
- . Park contains picnic facilities, tennis, volleyball, playground, etc.**
- . Event held rain or shine but if the weather gets mega-weird, please check the Pagoda Pacer website, Facebook page and your email.**
- . Races will start promptly so please arrive early; we do reserve the right to delay start if lightning.**
- . Computerized results on www.pagodapacers.com within 1-2 days after event.**

**DIRECTIONS: From Philadelphia & South/East: Rt. 422 w to Reading, Follow signs for 222N (Allentown) exit at Rt. 183. Turn right towards airport (183 S) continue through traffic light. Turn at the next right onto Red Bridge Rd.**

**From Allentown & North: Rt. 22/78 W towards Harrisburg to Strausstown exit (Rt 183). Follow 183 S past Blue Marsh Lake. Continue straight through the Rt. 222 intersection and turn right at the auto repair shop onto Red Bridge Rd.**

**From Lancaster/York: Rt. 222N (Reading/Allentown). Follow Rt. 222 N-Allentown. Exit at Rt. 183 S. Turn right towards Reading Airport. Continue through traffic light. Turn at the next right onto Red Bridge Rd.**

**From PA Turnpike – East or West: Take Morgantown Exit (exit 298) to Rt. I-176 N. Follow Rt. 422 W. to 222 N (Allentown). Exit at Rt. 183. Turn right towards Reading Airport – Route 183 S, continue through traffic light. Turn at the next right, onto Red Bridge Road.**

**Timing Provided by Pretzel City Sports**

**Insurance Provided by Road Runners Club of America**

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(A nominal service fee applies – closes at midnight, the Wednesday of Race Week)**

**A PAGODA PACER A.C. EVENT**

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**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 could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the affects of the weather, the conditions 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 my behalf, covenant not to sue, and waive, release and discharge The Road Runners Club of America, The Pagoda Pacers A.C., The Berks County Parks and Recreation Department, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for 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. This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, known or unknown. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pacer event, including races. By entering this race, I am granting permission to the Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they see fit with out my review, restriction, or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/ 2019