

The Berks County Scholastic Athletic Trainers' Association presents the 8th Annual
Sprains and Strains 5K Run/Walk
And the Hangnail 1 Mile Fun Run/Walk

Sunday, March 24, 2019

10:00 AM 5k /10:45 AM 1 Mile Kids Fun Run

WHO: Runners of all ages and abilities. Bring your family and friends. The course is stroller and wheelchair accessible.

WHAT: Proceeds from the Sprains and Strains Races are used for BCSATA's Annual Scholarships. These scholarships are awarded to high school seniors who will be attending college in their hope of pursuing a career in athletic training.

WHERE: PENN STATE BERKS CAMPUS
The race will start and finish at the Gaige Building, at Penn State University Berks Campus. 1801 Broadcasting Rd, Reading Pa 19610. (Follow signs to Gaige Building)

WHEN: Sunday, March 24th 2019
8:30 AM Registration
10:00 AM 5K Run
10:45 AM 1 Mile Fun Run
5K Awards immediately following the Fun Run

Registration: Race day registration and bib pick up will be from 8:30AM – 9:45AM inside the Gaige Building. The 5k will start at 10:00AM. The 1 Mile Kids Fun Run will start at 10:45AM.

5K: Course winds through the beautiful Penn State University Berks Campus on mostly paved areas. Course is relatively flat with a few hills. Timing and results by Pretzel City Sports.

5K Entry Fee: \$25.00 if received by March 9th to receive a BCSATA shirt. The fee for entries received after March 9th, including Race Day is \$30.00, Shirts available while supplies last.

1 Mile Kids Fun Run Fee: \$5.00 for participants. Finishers' medal awarded to each participant. (*Fun Run is for kids 13 and under*) Race will be timed, but there will be NO RESULTS. This race is just for fun!

5K Awards: Categories: 1st male & female overall and top (3) males & females in each of the following age brackets: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & over.

AMENITIES: Shirt for 5K race. (while supplies last) Swag Bag for all participants. Indoor bathroom facilities, water stop for 5K, and time clock at finish. Refreshments and snacks indoors for all participants.

Optional Online Registration on www.pretzelcitysports.com until Wednesday, March 20th 2019

Check payable to: **BCSATA** Send check(s) and form to: **BCSATA c/o Jamie Diamond, 223 Emerald Ave. Reading, PA 19606**

Race Directors: Jamie Diamond – jdiamond@ovsdpa.org and Danielle Miller DanielleMiller@ovsdpa.org

First Name: _____ Last Name: _____
Street: _____ City: _____ State: _____ Zip: _____
Sex: M F Age on Race Day: _____ Date of Birth: _____/_____/_____
Race (Please Circle): 5K 1 Mile Fun Run Shirt Size (Adult) (Please Circle): S M L XL XXL

Waiver: I know that running in this race has the possibility of being a hazardous activity. I also know that I should not run unless I am medically able and have properly trained. I have been forewarned that there will be traffic along the course on the road I must run across and I understand and assume the risk for running in traffic. In addition, I assume 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 and the condition of the roads, trails, and sidewalks, all such risks being known and appreciated by me. Knowing these facts and in appreciation of your accepting my entrance fee, I hereby for myself and all others who may claim on my behalf, agree to not sue and will release the Berks County Scholastic Athletic Trainers' Association and all other organizations, municipalities, and all people associated with the race and the organizations involved in the race or those acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind arising out of, or in the course of, my participation in this event. By entering the race I am granting permission to the Berks County Scholastic Athletic Trainers' Association to use any pictures or likenesses of me secured at the event in any way they seem fit without my review, restriction, or compensation. This waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. **I HAVE READ AND UNDERSTAND THIS WAIVER.**

Signature: _____ **Date:** _____ / _____ / 2019
Participant Signature or Parent/Guardian if under 18