

***FLEET FEET WEST READING PRESENTS:
THE 6th ANNUAL***

BIG RUN 5K

Wed, June 7, 2023 – 6:30 PM - Douglasville, PA

LOCATION/REGISTRATION: Starts at Union Meadows East, 100 Campbell Ford Rd, Douglassville, PA 19518 (behind The Fork & Ale off 724); Registration/number pickup starts at 5:30 PM. 5K begins at 6:30 PM, Awards Ceremony at 7:30 PM.

COURSE: Runs on the Union Meadows Trail. Clock at finish. Rain or shine. No refunds or mailed awards. Awards can be picked up at Fleet Feet West Reading if not picked up during post-race awards ceremony.

ENTRY: \$25 if registered by June 4. Afterwards, inc. day of race, \$30. Registration must be completed online. Online Registration Available at <https://runsignup.com/Race/PA/Birdsboro/thebigrunwestreading> (Nominal service fee applies. Online registration closes at midnight on Monday, June 4)

AWARDS: 5K: Separate awards for the male and female winners and runners-up plus: 3M/3F Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

AMENITIES: Time clock at finish and post-race awards ceremony. Results on www.pretzelcitysports.com in 1-2 days.

RACE DESCRIPTION: Be a part of something Big.

For the sixth year, Fleet Feet and Brooks will come together on June 7 to host The Big Run. The annual nationwide 5K brings thousands of runners together on Global Running Day to do what we love most - run. In past years we have had 16,000 runners logged 25,000 miles at more than 100 events in more than 20 states. Help us top that number this year. Why? Because we want to bring running to more communities; we want more people to set goals and meet them; we want more people to experience that feeling of accomplishment as they cross the finish line.

WHY? Because running changes everything.

HOW? Not sure where to begin? Visit Fleet Feet West Reading to see when the next local 5K training program begins! We're here to help.