



life's choices

SPRING CHICKEN 5K

RUN/WALK AND FAMILY FESTIVAL

SATURDAY, MAY 2, 2020

SCHUYLKILL RIVER TRAIL, HAMBURG

TIME: Registration begins at 8:30 a.m.
 9:00 a.m. Chick Chase Fun Run (age 12 and under)
 9:30 a.m. Spring Chicken 5k Run/Walk

PLACE: Hamburg Community Park, Franklin St. & Park Rd. Hamburg
Parking on site.....Indoor toilet facilities.....Free refreshments and water

Questions?
 Contact Race Director:
 StefaniBoyer@yahoo.com
 Or call or text Life's Choices
 at 610-683-8000

THE AWARDS: \$50 Fleet Feet Gift Card and Medal awarded to the top male and top female finisher in the 5k. Medals will be awarded to the top three males and females by age division: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. Medals will be awarded to the top three boy and girl finishers in the Fun Run. Awards Ceremony after the race. *Race timed by Pretzel City Sports.*

FREE T-SHIRT WITH EARLY REGISTRATION!

THE COURSE: SCHUYLKILL RIVER TRAIL GPS measured course starts and ends on the scenic trail at the Hamburg Park. It is an out and back race that is run entirely on the beautiful trail that runs along the Schuylkill River. No rocky terrain, only small pebbles, and very flat and fast. Great course to enjoy the scenic trail and to set a personal record!



THE FOOD AND FUN: Family Festival includes inflatables, games, and lots of free food.
 Bring the family!

FREE LUNCH FOR PARTICIPANTS INCLUDING ORIGINAL CHICK FIL-A SANDWICH!



RACE SPONSOR

REGISTRATION FEES:

FREE T-SHIRT GUARANTEED WITH EARLY REGISTRATION.

AFTER APRIL 18, WHILE SUPPLIES LAST

	By April 18	After April 18
INDIVIDUAL:	\$30.00	\$35.00
CHILD: 14 and under	\$15.00	\$20.00

REGISTER ONLINE AT www.PretzelCitySports.com

Nominal service fee applies. Online registration ends at midnight on Wednesday, April 29, 2020.

Walk up registrations are accepted on the day of the race.