

# Mission Birdsboro 5K

## And 1 Mile FUN Run

Second Annual Race Presented by St. Paul's UCC, Birdsboro, PA

**"Conquer the Cocalico Road Hill"**

**Saturday, April 27, 2019 9:00AM 5K / 8:30AM 1 Mile Fun Run**

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course(s). The course(s) is stroller and wheelchair accessible. No pets allowed.

**WHAT:** This 5K & 1 Mile Fun Run is a fun and challenging course benefitting Mission Trip Birdsboro (local based mission supporting homeowners and community centers) and St. Paul's UCC.

**WHERE:** St. Paul's UCC, 300 W 1<sup>st</sup> Street, Birdsboro, PA 19508. Both courses will begin near the intersection of Washington St. & Apple St. Course maps available online:

<http://stpaulsbirdsboro.org/mission5k.html>

**WHEN:** Saturday, April 27<sup>th</sup>, 2019

8:00 am – Race Day Registration begins

8:30 am – 1 Mile Fun Run begins

9:00 am – 5K begins

10:00 am – 5K Awards presentation near finish line

### REGISTRATION FEES/DETAILS:

**5K ONLY:** \$25 until April 1<sup>st</sup>, after that \$30 thru Race Day.

**1 Mile & 5K:** \$30 until April 1<sup>st</sup>, after that \$45 thru Race Day.

**1 Mile ONLY:** \$10 until April 1<sup>st</sup>, after that \$15 thru Race Day.

5K T-shirts guaranteed, if registered by April 1<sup>st</sup>, after that while supplies last. Rain or shine. No refunds or mailed awards.

1 Mile FUN Run does not include T-shirts.

Complete the form below and detach, send with check/money order to St. Paul's UCC postmarked by April 1<sup>st</sup> for discounted registration and 5K T-shirt guarantee. Online registration [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**RESULTS:** 1, 2, and 3 mile marked. Finish line and timing service by Pretzel City Sports. Race results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**AWARDS:** 5K: Finisher medals. Awards will be presented to Overall Male and Female Champion. Plus top three (3) Male and three (3) Female finishers in each of the following age brackets: 14 and Under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

1 Mile Fun Run: Participates will receive finisher ribbons.

**EVENT AMENITIES:** Packet pick-up and 5K goodies bag. Along the course water stops. Near the start/finish lines: refreshments, toilets, free children's activities for race attendees and community members, park with playground, and food available for purchase.

**PACKET PICK-UP:** Night before and morning of Race.

Location: St. Paul's UCC Christian Ed Building

235 W 2<sup>nd</sup> Street, Birdsboro, PA 19508

Friday, April 26<sup>th</sup> from 5:00pm to 8:00pm

Saturday, April 27<sup>th</sup> from 8:00am to 9:00am

**RACE INFO:** <http://stpaulsbirdsboro.org/mission5k.html>

Race Director: Holly Bretzius, phone: 484-754-6907

Email: [mb5k@stpaulsbirdsboro.org](mailto:mb5k@stpaulsbirdsboro.org)

**REMEMBER:** Pin your number to your shirt FRONT, leaving the bottom portion unpinned so it can be removed as you cross the finish line!

Optional online registration available on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(nominal processing fee applies, closes April 24<sup>th</sup> at midnight)

Please make checks payable to St. Paul's UCC and mail to: 235 W 2<sup>nd</sup> Street, Birdsboro, PA 19508

**REGISTRATION: Mission Birdsboro 5K and 1 Mile FUN Run** Complete this portion. Detach and mail. Include applicable registration fee as check or money order. **5K ONLY:** \$25 until Apr. 1<sup>st</sup>, after that \$30 thru Race Day. **1 Mile & 5K:** \$30 until Apr. 1<sup>st</sup>, after that \$45 thru Race Day. **1 Mile ONLY:** \$10 until Apr. 1<sup>st</sup>, after that \$15 thru Race Day.

**Circle:** 5K / 1 Mile Fun Run / Both

**5K T-shirt size (circle one) Youth: S M L Adult: S M L XL XXL**

Name \_\_\_\_\_ Address \_\_\_\_\_

*Please print*

Phone \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

**Already getting Pretzel City emails 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 medically 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 affects 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, St. Paul's UCC, Birdsboro, PA, any subcontractors it utilizes, all municipalities in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns 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 of nature what so ever arising out of, or in the course of, my participation in this event(s). This waiver extends to all claims of every kind or nature what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports and St. Paul's UCC to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

date \_\_\_\_/\_\_\_\_/20\_\_