

Pretzel City Sports, Reading, PA presents the 3rd Annual



MAC & CHEESE 5K

Tues, July 23, 2019 ** 7 PM ** Race limited to first 300 entries
Oakbrook Brewing Co., 628 Park Ave, Reading, PA

Pretzel City's best way to offset the calories you eat by working out. Run a slightly rolling course thru the Millmont section of Rdg. Then, take the 3 tickets you get & pick either a tub of each type of Mac & Cheese we'll have or load up on one that especially appeals to you. What better way to ease the "discomfort" of racing than with the ultimate "comfort food". Plus, Oakbrook Brewing will have their outstanding craft beers there for purchase. Enter before the price jumps and you **EVEN get a CUSTOM 32 OZ. GROWLER** made special for the race, **ONLY** available to those entered by 7/8. Growler must be distributed empty, due to PA law, but Oakbrook will fill it for you at a race-night discounted rate. **SOLD OUT IN 2017 BEFORE RACEDAY & CAME CLOSE IN 2018!**

LOCATION: Oakbrook Brewing Co., just off Bus Rt 222, just S. of Reading's Rt 422 ByPass. Reg. opens at 6 PM., race at 7 PM. GREAT post-race atmosphere in their establishment that used to be a firehouse for years!

AWARDS: Top M & F overall plus: 18 & und: 3M, 3F 19-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-67: 3M, 3F 68-74: 3M, 3F 75+ 2M, 1F Top Overall Clydesdale: 1M, 1F Open Clyde: 2M, 2F Master Clyde: 2M, 2F **Clydesdale Qualification: men must be 200 lbs. + and women must be 160 lbs. +**

FEE: \$28 if postmarked by Mon, July 8 with soft style short sleeve T-shirt, 3 cups of Mac & Cheese & A **CUSTOM 32 OZ GROWLER MADE FOR THIS RACE!** After that, \$33 while shirts last **BUT NO GROWLER**, \$28 when shirts are gone. If you **WANT** the growler, you **MUST** enter by 7/8. No refunds. No mailed shirts, growlers or awards. **IMPORTANT: We hit our 300 person limit prior to race night in 2017.** To confirm that there is race night reg, check www.pretzelcitysports.com web site before race night.

Optional Online Registration Available at www.pretzelcitysports.com
(nominal service fee applies, closes at midnight, the Monday before race day)

Check Payable to & Mailed to (with waiver): Pretzel City Sports, 112 W. 36th St., Reading, PA 19606
Head Cheese: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Soft Style T- Shirt Size: XS S M L XL XX

Email _____ Already on Pretzel City Email List? ___ Yes ___ No

Tel:(____)_____ Clydesdale Master Clyde (40+) **circle one if applicable**

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, any subcontractors & facilities 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 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 ____/____/____

Parent must sign instead if under 18 years old Cheesy App may be duplicated. Insurance by R. R. C. A.