

**The 1st Annual  
May Days All Abilities Fitness Center 5k  
& 1/2 Mile Kids Run  
Presented by Hillcrest Tennis and Field Sports**

**Sat, May 11, 2019 - 10 AM - Reading, PA**

**LOCATION/REGISTRATION:** Starts at Exeter High School Campus, 201 East 37<sup>th</sup> Street, Reading; Registration/number pickup near press box. starting at 9:00 AM. 5K at 10:00 AM, kids run at 10:15 AM.

**COURSE:** wheel measured course; FASTEST & FLATTEST BERKS CO. RUN. GREAT place to PR! Beautiful race around the Senior, Junior and Reiffon School and Dunham Drive neighborhood.

**AMENITIES:** Refreshments for finishers courtesy of the Autism Society, indoor toilet facilities, loads of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for the male & female Exeter student overall winner: 18 & Under: 3M, 3F 19 - 29: 3M, 3F 30-39: 3M, 3F 40-49: 3M,3F 50-59: 3M, 3F 60+: 3M, 3F Senior recognition. No kids race run awards

**ENTRY:** For 5k: \$20 if postmarked by April 26th, 2019. Afterwards, inc. day of race, \$30 while shirts last, \$25 with no shirt. For kids run, \$5 if postmarked by April 26th. Afterwards, inc. day of race, \$10. Race day registration for kids run to be CLOSED once we have as many kid's entries allotted so preregister if possible. Shirts not included for Kids run due to reduced fee.

**Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)**

**GENERAL DIRECTIONS FOR ALL:** Turn right on stop sign on 37<sup>th</sup> Street at the H.S. Bear to the right (on Reiff Place). Continue to the 2<sup>nd</sup> stop sign and turn left (40<sup>th</sup> Street). Park in the upper or lower parking lot.

**MAIL CHECK PAYABLE TO "Berks Hometown Heroes" & FORM BELOW TO: Berks Hometown Heroes,  
61 Caribou Ct, Reading, PA 19606.**

**Questions? Contact your Race Director: John Cusatis ([johnscusatis@outlook.com](mailto:johnscusatis@outlook.com) or 610-823-6530)**

.....Please Print Clearly.....

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5k KIDS (12 and under) Sex: M F Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??

Shirt Size (circle one): S M L XL email \_\_\_\_\_@\_\_\_\_\_

Already Getting Emails from Pretzel City Sports 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, BERKS HOMETOWN HEROES and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

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