

FLEET FEET WEST READING PRESENTS:

THE 2nd ANNUAL

BIG RUN 5K

Wed, June 5, 2019 – 6:30 PM - Birdsboro, PA
ONLINE REGISTRATION ONLY

LOCATION/REGISTRATION: Starts at Fork & Ale Restaurant in Birdsboro, 1281 E Main Street, Birdsboro, PA; Registration/number pickup at Fork & Ale starting at 5:30 PM. 5K begins at 6:30 PM, Awards Ceremony at 7:30 PM.

COURSE: Runs along the Schuylkill River Trail towards Reading, PA. 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: \$30 if registered by March 31, 2019. Afterwards, inc. day of race, \$35. 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 3)

AWARDS: 5K: Separate awards for the Top Overall male & female & Runner-ups plus:

14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F

AMENITIES: T-shirt to all pre-registrants of 5K; Time clock at finish. Post-race awards ceremony at The Fork & Ale. Free beer with a food purchase for all Big Run participants! Parking available at Fork & Ale, lower parking lot and trailhead parking lot. Please leave upper parking lot available for patrons of the restaurant. Results on www.pretzelcitysports.com in 1-2 days.

RACE DESCRIPTION: Be a part of something Big.

For the third year, Fleet Feet and Brooks will come together on June 5 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. Last year, 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.

Because running changes everything.

Oh, and did we mention there will be prizes?

All results from certified, timed 5K races will funnel into a national leaderboard to determine the overall male and female winners as well as the fastest runners in each age group. Those winners will receive cash prizes. But it's not just about winning—we will also recognize other runners with unique awards, including:

- **Common Ground:** Finish with the most common finish time for The Big Run, and we'll enter you into a drawing for something BIG!
- **Middle of the Pack:** We'll recognize the male and female who finish in the exact middle of all The Big Run results.
- **Social Butterflies:** We'll thank the two people with the most-engaged social media posts from The Big Run with some pretty sweet prizes. Include #thebigrun, @brooksrunning and @fleetfeetsports in the post to be eligible.

Search #thebigrun on Facebook, Instagram or Twitter to see how our epic coast-to-coast running community celebrated at The Big Run last year. 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.