



Spring Chicken 5K

2 Mile Walk and ½ Mile Chick Chase Fun Run

Bowers, PA April 27, 2019

Bowers is located 3.5 miles from Kutztown

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 and 2 Mile Walk
PLACE: William DeLong Park, 233 Bowers Rd., Bowers, PA 19511
Parking on site.....Indoor toilet facilities.....Free refreshments and water

Running is better with friends!
 Contact us for information about
FAMILY AND TEAM DISCOUNTS
 lifeschoices@hometownu.com
 Questions? Contact Joy at
 610-683-8000

THE AWARDS: \$50 Cash Prize and Golden Egg Trophy awarded to the top male and top female finisher in the 5k. Medals/Ribbons 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.*

PARTICIPANTS WILL RECEIVE A FREE COMMEMORATIVE HEADBAND AND CHICK-FIL-A LUNCH

THE COURSE: Wheel measured course starts and ends on the scenic jogging trail inside the park, travels through the small town of Bowers and beautiful farm countryside. Out and back course.

FLAT AND FAST, GREAT FOR SETTING RECORDS!

For a course map go to <http://www.usatf.org/routes/view.asp?rID=587406>

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

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

Additional lunches may be purchased at \$5.00 each. (Free with early registration only or while supplies last)



✂ ----- Please cut and return to: Life's Choices, 443 West Main Street, Kutztown, PA 19530 -----
 A check (non-refundable) made out to Life's Choices must accompany your registration

Name _____ Gender M or F

Address _____

Phone Number _____ E-mail _____

Circle One: 5k 2 Mile Walk Chick Chase Fun Run Age on 4/27/19 _____

Fee Enclosed: (Fee covers any event) Adult: By 4/15 _____ \$30 After 4/15 _____ \$35

Child: (14 and under) By 4/15 _____ \$15 After 4/15 _____ \$20

Or register online at www.PretzelCitySports.com

Online registration closes at midnight on Wednesday, April 24, 2019. Nominal fee applies. Walk up registrations accepted.

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Life's Choices..., the borough of Kutztown, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____

Parent or guardian's signature if less than 18 years of age.