

# 12TH ANNUAL RUN 4 SAM 4 Mile and 10 K Race

2019



Sunday August 18th • Gring's Mill Park • Berks Co.  
Registration: 8 AM • Races: 9:30 • 2Mi.Walk: 9:45

*Kids' Fun Run, (12 and under) at conclusion of race*

*Proceeds from this race/walk will benefit both a scholarship in Sam Reed's name, as well as to support the operation and maintenance of the Union Canal trail at Gring's Mill Park. For more information, check out our website at [www.run4sam.net](http://www.run4sam.net).*

**Course:** Start at Gring's Mill, and run along the serene Tulpehocken Creek on the historic Union Canal towpath.

**Winners:** Top 3 **OVERALL** Males/Females and top 3 males/females in each age group. Grab bags for fun run racers

Run4Sam keeps giving back. Monies budgeted for trophies & medals will instead be donated to a local charity.

Run4Sam winners will receive certificates and have the opportunity to vote for the winning charity

#### Entry information for individual participants:

Runners - **\$20/person** (if postmarked by Aug. 2, 2019) - **\$25/person** if postmarked after Aug. 2, 2019 (including day of race)

Walkers - **\$14/person** (if postmarked by Aug. 2, 2019) - **\$18/person** if postmarked after Aug. 2, 2019 (including day of race)

*(Above entries include a T-shirt, while supply lasts - Kids Run - \$4/person (does NOT include T-shirt))*

\*\*\***OPTIONAL ONLINE REGISTRATION FOR THE ABOVE AT [www.pretzelcitysports.com](http://www.pretzelcitysports.com) . Deadline 8/12/19, nominal fee applies\*\*\***

**\*\*\* Register as a Team of 5 - 9 for a discount \*\*\* (4 mile race only)**

More information and Team registration form on our website [www.run4sam.net](http://www.run4sam.net) or contact the \*Race Director, Peggy Reed.

\* (email preferred) [run4sam@comcast.net](mailto:run4sam@comcast.net) or cell (610) 698-6165

Mail application, with checks payable to

**RUN 4 SAM, INC.**

311 Sunshine Road, Reading PA. 19601

PLEASE PRINT CLEARLY: Email or phone contact required

\_\_\_\_\_  
(First Name) (Last Name) Date of Birth: \_\_\_\_\_ Age day of race: \_\_\_\_\_

Address: \_\_\_\_\_ Apt. # \_\_\_\_\_  
(Street) (City) (State) (Zip Code)

Email: \_\_\_\_\_ Phone No.: \_\_\_\_\_ Gender: M or F (please circle one)

**Please circle shirt size & event: Shirt Size..... S M L XL XXL Event... 4mile 10K Walk Kids Run**

Race will be professionally timed by "Pretzel City Sports" (PCS)

**RUN 4 SAM, INC. 311 Sunshine Road, Reading PA. 19601**

**\*\*Waiver:** I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any or all other risk 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 trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee. Thereby 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, Run4Sam, Inc, Berks Co, the race committee, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting 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. 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 all parties affiliated with the race to use any pictures or likeness 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: \_\_\_\_\_