



7th ANNUAL RUN FOR THE HEROES Saturday, August 24, 2019

5K | 10K | Mile Walk | Kids Fun Run

Berks Lodge #71 FOP Memorial, Route 183 on Red Bridge Road, Bern Twp
(Gruber Wagon Works Recreation Area at Red Bridge)

- ✓ \$25 entry fee for 10K or 5K must be received by Aug. 10th - \$30 after 8/10 up until race day, \$35 day of race
- ✓ \$15 entry fee for mile walk must be received by Aug. 10th - \$20 after 8/10 up until race day, \$25 day of race
- ✓ \$10 entry fee for kids ¼ mile run received by Aug. 10th - \$15 after 8/10, including day of race (no shirts given)

Registration begins at 9:00 am (10K & 5K begins at 10:00 am) (kids fun run & mile walk begins at 9:30)
 Professionally timed by Pretzel City Sports, results posted on website Monday following race
 Rain or shine - sorry no refunds under any circumstances
 Run will start and end at the FOP Memorial (course is stroller friendly, cinder trail)
 Awards, presentation and door prizes following the race
 T-Shirts for entrants registered by Aug. 10th & all others while supplies last

Awards: First Male & Female OverAll and 1st, 2nd & 3rd place; Awards for Male and Females in the following age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59 & 60+ (no mailing of awards)
 Kids participating in the Fun Run will receive goody bags.

For more information please contact Matt Nguyen at MLNguyen13@me.com
 For sponsorship questions please contact Tania Nguyen at Tania.Nguyen007@gmail.com

Come and show your support for our fallen police officers and K-9s in Berks County!



Register online at www.pretzelcitysports.com On-line registration closes at midnight on Wednesday Aug. 21, 2019.
 Please make checks payable to: **Berks County Heroes Fund**
 Send completed form to: Berks County Heroes Fund, P.O. Box 86, Temple, PA 19560.

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Gender: M F Date of Birth: ____/____/____ email: _____

Age at day of race: _____ Phone: _____ T-shirt: S M L XL 2XL

(circle one)

(*shirts run slightly big*)

I will be participating in the: 10K 5K Walk Fun Run

Waiver: I acknowledge that running in a 10K, 5K race and or kids run can be a potentially hazardous activity. On behalf of myself, my heirs, executors, administrators, successors and assigns, I hereby waive and release all rights and claims for damages which I may have against you or your assigns, the municipalities in which the event occurs, or anyone connected with this event, for any and all injuries or illnesses which I may suffer as a result of taking part in the event. I grant my permission to use my name or any audio or visual recording for any lawful purpose. I understand that volunteers will be on hand to guide participants, but roads may be open to traffic.

Signature _____ Date _____

FOR STAFF USE ONLY

Paid In Full:	YES	NO
Check #:	_____	
BIB #:	_____	