

REFORMATION LUTHERAN CHURCH'S 4th ANNUAL COMMUNITY UNITY 5K RUN

& FREE 1/2 MILE KIDS FUN RUN with ~~NEW~~ NEW LUTHER'S LEGS CHALLENGE

Sunday, September 8, 2019 11 AM - Reading, PA

Held in conjunction with our annual Block Party and
this year benefiting WBMD urban food pantries

LOCATION/REGISTRATION: Starts/finishes at Reformation Lutheran Church, 3670 Perkiomen Ave, Reading, PA
Registration/number pickup in church all-purpose room starting at 9:30 AM. Kids run at 10:45 AM, 5K starts at 11 AM.

COURSE: wheel measured course; beautiful suburban tree-lined streets. Course is all macadam and mostly flat with several small gradual hills. Roads will not be closed to traffic.

AMENITIES: Tech shirts to all pre-registrants of 5K and post registrants, including day of race while they last; "goodie" bag for all kids run finishers. Refreshments for finishers, indoor toilet facilities, plenty of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

POST RACE EVENTS: Block Party from 10:00 - 2:00 with free kids games, moon-bounce, NYC face painters, balloon artist, music and Kauffman's Chicken BBQ on site. Chicken Meals for purchase \$9.00 (includes, 1/2 chicken, potato, applesauce, roll & butter), tent seating

AWARDS: Awards for the overall first male & female winner, plus: 3M, 3F for the following categories: 14 & Under, 15-19, 20 - 29, 30-39, 40-49, 50-59, 60+. Kids Run: grab bags for all finishers.

LUTHER'S LEGS CHALLENGE: 3 runners per team/XC scoring; traveling trophy for winning congregation. Adult and Youth Group (jr/sr hi) divisions. *All Lutheran team member registration forms (3) must be mailed in the same envelope with payment.

ENTRY: For 5K: \$25 if postmarked by August 18, 2019. Afterwards, incl. day of race, \$30 while shirts last, \$20 with no shirt.
Optional Online Registration Available for 5k at www.pretzelcitysports.com (Nominal service fee applies, closes midnight, Sept. 4th)
FREE KIDS RUN sign-up sheet will be located at bib pick-up table. Registration will be closed for kids run once we have 50 entries.

GENERAL DIRECTIONS FOR ALL: From East 422, take Mt. Penn exit & go left at top of ramp. At 3rd traffic light, take a left onto Business 422 (Perkiomen Ave). Church is on your left at next light. From Philly, follow Business 422 (keep right) at the split in Exeter Township. Church is on your left at 3rd traffic light. See ReformationLutheran.org for detailed directions.

RACE CO-DIRECTORS: Jeanne Gochnauer cell 610 -858- 5142 or Rick Gochnauer cell 610-858-2058. Email: gochnajl@readingsd.org

MAKE CHECK PAYABLE TO: Reformation Lutheran Church

MAIL CHECK & FORM BELOW TO: Jeanne Gochnauer, 228 Sunrise Rd., Reading, PA 19606

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

Last name _____ First name _____

Address _____ City/State _____ Zip _____

Race day age: _____ Date of birth ____/____/____ Sex: M F Phone: (____) _____ A.M. or P.M.??

email _____ @ _____ Chicken BBQ (circle one) @ \$9 ea. Yes/ No Qty? _____

Shirt Size (circle one): XS S M L XL 2XL

Luther's Legs Team name _____ (if applicable) Youth team _____ Adult team _____ church name _____

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, Reformation Lutheran Church 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 ____/____/ 2019