

**SUNDAY SEPTEMBER 8TH, 10 AM
PSU Berks Campus-Reading, PA**

**TULLY TU
ECO 5K
RUN/WALK**



5k Run/Walk & 1/2 MILE KIDS Minnow RUN

A RACE TO SUPPORT: Cold water conservation, Trout in the Classroom & stream restoration projects for the Schuylkill River Watershed.

- \$26 if postmarked by 8/21/2019 includes guaranteed T-Shirt, \$30 after that date including day of race. Shirts available while supplies last!
- TU Members \$24, (with T-shirt)
- Kids Minnow Run FREE, for kids 12 and under.
- "Day of" registration (CASH or CHECK) is \$30 while shirts last, \$26 with no shirt.

OPTIONAL ONLINE REGISTRATION AVAILABLE AT: www.PretzelCitySports.com/online-registration
(NOMINAL SERVICE FEE APPLIES, CLOSSES AT MIDNIGHT ON 09/4/2019)

LOCATION/REGISTRATION: Penn State Berks Campus, Tulpehocken Road, Reading PA 19610. Registration at Perkins Event Lawn starting at 8:45 AM. The 5K Run/Walk begins at 10:00 AM, and the kids fun run at 10:10 AM.

GENERAL DIRECTIONS FOR ALL: Take Broadcasting Rd exit off Rt. 222, exit towards campus. From Broadcasting Rd turn right onto campus via Harper Rd (Left onto Harper if coming from Tulpehocken Rd.). Take Harper Rd to Lots G1 or G2. Festivities and check-in/registration will be held on the Perkins Event Lawn adjacent to parking lots.

COURSE: The course is a single loop track around campus. Beginning on a campus road, the mostly macadam trail does include an off pavement grass portion in mile three. The trail will be clearly marked with arrows and course volunteers directing runners. Water stations will also be included. The course is mildly level & could be an opportunity for a new personal record!

AMENITIES: Refreshments for finishers, indoor toilet & facilities, loads 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.

AWARDS: Awards for FIRST THREE Male & Female runners overall, plus FIRST THREE Male and Female per age group- 14 & Under: 15 - 19: 20 - 24: 25 - 29: 30 - 34: 35 - 39: 35 - 39: 40 - 44: 45 - 49: 50 - 54: 55 - 59: 60 - 64 ; 65 - 69; 70 +
(Grab bags for all Kids Minnow Run finishers, no awards.)

MAIL CHECK PAYABLE TO "Trout Unlimited, Tulpehocken Creek Chapter" & **FORM BELOW TO:** Brenda Bittinger, 16 Lyons Rd., Fleetwood, PA 19522

RACE CO-DIRECTOR: Brenda Bittinger, b.bittinger@gmail.com (subject line TU5K)

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

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K Runner 5K Walker Kids Minnow Run Sex: M / F Phone: _____ A.M./ P.M.?

Shirt Size (circle one): S M L XL email _____ @ _____

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 understand that a small portion of the course will be run on a campus road, and though blocked by campus police, may still have traffic on it, and I assume the risks of running with 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 effects 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, TROUT UNLIMITED 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 whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses 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 ____/____/ 2019