



**Berks Gymnastics Team**  
presents the 7th Annual  
**Flippin' Fun 5K Turkey Run**

**Thanksgiving Day—November 28, 2019**

**WHO:** Runners of all ages. Bring your family and friends to join our pre-Thanksgiving feast run!

**WHAT:** The Flippin' Fun 5K Turkey Run course runs through gorgeous Wyomissing Park on both streets and trails. The course is fast, relatively flat and will once again be chip-timed by Pretzel City Sports.

**WHEN:** Thanksgiving Day, Thursday, November 28th.  
7:30am—8:45am Registration  
8:30am Kids Fun Run  
9:00am 5K Run  
Awards immediately following 5K race

**WHERE:** The race will begin & end at the Quarry Soccer Fields, 2001 Old Wyomissing Rd, Wyomissing, PA 19610. The fields are located behind the Wawa on the corner of Museum Rd & Lancaster Ave in Shillington.

**If using a GPS, please use:**

**100 W. Lancaster Pike, Wyomissing, PA 19610**

**HOW:** Applicant's may pre-register with the attached form or online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

Registrations are available the day of the run at the pavilion at the Quarry Fields. Early registrations are discounted and will be accepted if received prior to 11:59pm on November 8, 2019.

**NOTE:** Long-sleeved shirts are guaranteed for all **5K early registrants**. Remaining shirts will be given to registered 5K participants on a first-come, first-served basis, honoring size requests to the best of our ability.

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**REGISTRATION/FEES:** Register using the entry form to the right or online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com), with a nominal service fee.

| Registration Details  | 5K Run (9:00am)                   | Fun Run (8:30am)                  |
|---|-----------------------------------|-----------------------------------|
| <b>Early Registration Before 11/8/19</b>                                  | <b>\$27</b> shirt included        | \$10—no shirt<br>\$20 —with shirt |
| <b>11/9—11/26/19</b><br><small>(online reg closes 11/23 @11:59pm)</small> | <b>\$31</b> shirt<br>IF AVAILABLE | \$10—no shirt                     |
| <b>11/28/19</b><br>RACE DAY!  | <b>\$35</b> shirt<br>IF AVAILABLE | \$10—no shirt                     |

**Early Check-in, Packet Pick Up & Registration:**

11/25/19 and 11/26/19 from 6:00-8:00pm at Berks Gymnastics Academy, 325 Morgantown Road, Reading, PA 19611. You may also check-in and pick up your packet at the venue on race day.

**Results:** Start/Finish line, chip-timing services and award determination by Pretzel City Sports. Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**Prizes:** Trophies for Overall Male & Female champions. Medals to the top three male & female finishers in the following age brackets: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Fun Run participants will receive a goody bag.

**Questions:** Find us on Facebook (search for Berks Gymnastics Flippin' 5K Turkey Run).

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RACE ENTRY FORM—Please Print Clearly –1/person

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Gender (circle): **Male** **Female**

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_/\_\_\_\_/\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on race day \_\_\_\_

Email: \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Registering for (circle): **5K Run** **Fun Run**

Shirt Size (circle): **Youth: S M Adult: S M L XL XXL**

Fee Enclosed \$ \_\_\_\_\_ (checks payable to Berks Gymnastics Team and mail to or drop off form at: **BGT5K 325 Morgantown Rd, Reading, PA 19611**)

**\*\*\* If running as a friend of one of our gymnasts, please provide the gymnast's name below:**

Gymnast Name: \_\_\_\_\_

**Waiver and Release:** I, the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against the Berks Gymnastics Team and all other race sponsors for any personal injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

(If under the age of 18, a parent or guardian's signature is required.)

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*Corporate sponsorships are still available for the Berks Gymnastics Flippin' Fun 5K Race. Please contact Melissa Feathers for additional details.*

[stevenkiddo@aol.com](mailto:stevenkiddo@aol.com)

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**RACE PERKS...**

- Bag Check
- Door Prizes
- Chip Timing
- Online Registration
- Long-sleeved Shirt
- Scenic Course
- Fantastic Awards & Prizes

And...  
Credit Card Payment on Race Day

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Race cancellation policy:

The Berks Gymnastics 5K Run Committee reserves the right to postpone or cancel the race in the event of inclement weather or other unforeseen circumstances.

We will make every effort to hold the race as scheduled; however, the safety of participants and volunteers is of paramount importance. In addition, if we are informed by local authorities that conditions are too dangerous, we may postpone or cancel the race.

In such cases, race fees will not be refunded. Free or reduced entry to next year's race may be provided at the discretion of the race committee.

**Please provide a valid email address on the registration form in the event that we need to communicate important information regarding the race.** We will use email and update our Facebook page should the need arise.



**Thank you for your support of  
the Berks Gymnastics Team!**

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Please consider helping our local  
community by bringing a non-perishable food  
item and placing it in one of the bins marked  
for the Berks County Food Bank.  
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**The Berks Gymnastics Team  
Proudly Presents  
The 7th Annual  
Flippin' Fun 5K Turkey Run**



**Thanksgiving Day  
November 28, 2019  
Fun Run @ 8:30am  
5K Run @ 9:00am**