

7th Annual
DAYLIGHT SAVING DASH
5k RUN/WALK
fighting Homelessness
proceeds go to Hope Rescue Mission of Reading, PA

Saturday, March 7, 2020 – 9:00 AM – Penn State Berks

We are on Facebook at www.facebook.com/DaylightSavingDash

LOCATION / REGISTRATION: Beautiful Campus of Penn State Berks, Broadcasting Road, Reading, PA. Registration and packet pickup available on race day at the Gaige Technology & Business Building, starting at 8:00 am. 5K at 9:00 am.

DETAILS: The race is 2 loops, so if you do not care about awards or timing, you do not have to do the 2- loop. If you do care about timing. This is a fun race supporting a great organization on the scenic PSU Berks campus! Heated indoor facilities (with indoor bathrooms) near the start/finish. Plenty of free parking. Professionally timed by Pretzel City Sports. No refunds or mailed awards. Backup date is March 14 in case of weather and updates will be posted on Facebook.

APPAREL: Guaranteed long sleeve shirt for all registrations postmarked by February 15. Limited supply of shirts available on race day.

AWARDS: Trophy for top male and female runners in addition to awards for the top three males and females in each of the following age brackets: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

ENTRY FEE FOR 5K RUN/WALK: \$23 if postmarked by Feb 15 with guaranteed long-sleeved shirt, \$28 after Feb 15, including race day (or shirts available while supply lasts) with limited supply of shirts.

NEW FOR 2020 – Entry Fee can be reduced to \$10 with \$120 pledge to Hope Rescue Mission (to feed and clothe a man for a week) Please print Pledge Sheet from www.pretzelcitysports.com Pledge Sheets and Donations are due upon picking up your race bib the day of the race. **Optional online registration available on www.pretzelcitysports.com** (nominal processing fee applies, closes on Wed, March 4 at midnight)

DIRECTIONS: The race starts and ends near the Gaige Technology & Business Building on the campus of Penn State Berks. The closest entrance to the start line is on Broadcasting Road, right off of 222. For GPS purposes, you can use the intersection of Broadcasting Road and Route 222. Course goes throughout the campus on paved surfaces.

Or MAIL CHECK PAYABLE TO "Hope Rescue Mission" & FORM BELOW to:
Mike Mavreles, 365 Pomander Ave. Reading, PA 19606
Race Director: Mike Mavreles (302)-373-7611 mikemav5288@gmail.com

-----Please Print Clearly-----One Per Person-----

Last Name _____ First Name _____

Address _____ City/State _____ Zip _____

Race Day Age: _____ Date of Birth / / Sex: M F Phone: () _____

Adult Shirt Size (circle one): S M L XL Youth: S M L E-mail _____

Registration Fee (circle one) \$23 by Feb. 15 / \$28 after Feb. 15 or \$10 (with pledge to raise \$120)

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 and winter hazards 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 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 Hope Rescue Mission, Penn State Berks, Pretzel City Sports, the race committee, race director, 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 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 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 / / (Parent's Signature if entry under 18 years old)