

1st ANNUAL

Race for Independence 5K

& 1.5 MILE FUN RUN/WALK/ROLL

Presented by:



Saturday, May 30, 2020 – 9:00 a.m. - Reading, PA
Penn State Berks Campus – Accessible Course

REGISTRATION: Registration opens at 8:00 a.m. and closes at 8:45 a.m. 5K race starts at 9:00 AM with 1.5 mile Fun Run/Walk/Roll starting at 9:45 AM. Event held rain or shine. No refunds or mailed awards. Register online or by mail (address listed below).

COURSE: Two marked laps around the Penn State Berks campus. *Enjoy an accessible course!*

AMENITIES: Refreshments, 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.

AWARDS: 18 & Under: 3M, 3F 19-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F and overall M/F

5K & FUN RUN ENTRY: \$25 if postmarked by May 15th, includes guaranteed T-shirt. Afterwards, including day of race, \$30 with T-shirts available while supplies last.

RACE SUPPORTER: Want to attend but not participate as a racer? Race Supporters receive a T-shirt with minimum \$10 donation.

OPTIONAL ONLINE REGISTRATION AVAILABLE: <https://www.pretzelcitysports.com/online-registration/>
Nominal service fee applies to register online. Registration closes at midnight on Wednesday, May 27, 2020.

GPS: Penn State Berks Campus, 2080 Tulpehocken Road, Reading, PA 19610

CHECK PAYABLE TO: Abilities in Motion **MAIL CHECK & FORM TO:** 210 N. Fifth Street, Reading, PA 19601

RACE DIRECTORS: Amy Pletz (610-451-1295) & Corrine Dietrich (610-781-6632) www.abilitiesinmotion.org

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

Last Name _____ First Name _____

Address _____

City/State _____ Zip _____ Date of Birth ___/___/___ Age (day of race) _____

Race (circle one): 5K / Fun Run (1.5m) / Race Supporter Sex (circle one): M / F

Phone: () _____ - _____ A.M. or P.M

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

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 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, **Abilities in Motion** 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign below).

Signature _____ Date ____/____/20____

PARENT Signature (if participant is under the age of 18): _____

How did you hear about this event (circle one)? Online Email Flyer Other _____

5K Abilities in Motion RACE FOR INDEPENDENCE

Helping individuals with disabilities live independent, self-determined lives



Save
the
Date

Saturday, May 30, 2020

Penn State - Berks Campus

ACCESSIBLE COURSE!

Fun Run
option!

You're invited to our first ever **Race for Independence 5K** event! We're proud to host this event on an accessible course at the Penn State Berks Campus. This year marks the 30th anniversary of the Americans with Disabilities Act (ADA). What a momentous occasion! Together, we'll demonstrate that accessibility matters. Together, we'll continue the journey. Together, we'll race for independence. See you there!

Race Supporter Option: If you want to attend the event but don't want to participate as a racer, please come on out and support the cause. Let's cheer on our racers! You can also receive a T-Shirt by donating a minimum of \$10 by May 15th. *Spread the word and share info about this awesome event!*

For more information, visit us online at:

www.abilitiesinmotion.org/events



Abilities in Motion

Helping individuals with disabilities live independent, self-determined lives