

Pretzel City Sports & the Fork & Ale Gastropub Presents the

Whatever Ales You 5k's

April thru Sept, 2020 – No-Frills Evening 5K Races

Fork & Ale Gastropub, Rt. 724, Birdsboro, PA

Last Thursday of April thru Sept 7 P.M.

4/30, 5/28, 6/25, 7/30, 8/27 & 9/24 (6:30 start for Sept race)

Portion of proceeds to be donated to local & regional charities selected by the Fork & Ale

LOCATION: Fork & Ale Gastropub, 1281 E. Main St, Douglassville but it is actually 2 miles East of Birdsboro on Rt 724. Reg. opens at 6 P.M. No frills race, shirts for sale while they last (tentative), clock at finish, light refreshments, mile markers, instant results, drink specials, great meals available for purchase, door prizes, loads of parking near restaurant, etc. More importantly, you get one **FREE CRAFT BEER SPECIFIC TO EACH RACE; A "\$5 OR UP" VALUE!!** The speed of this course, the free craft beer that you get, the broad age group categories and the post-race fraternizing with your running buddies is SURE to cure **WHATEVER ALES YOU!**

COURSE: MEGA-FAST wheel-measured course on the mostly packed cinder trail behind the gastropub. Course leaves the pub, goes out 1.55 miles, turns around and returns to the start. Good way to see where your competition is. Good place to PR! Same course each month so you see if you're improving. Insurance provided by R. R. C. A.

AWARDS: 1st M & F plus: 0-14 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-67: 3M, 3F 68-74: 2M, 1F 75+: 2M, 1F Clydesdales and Clydettes: 3M, 3F regardless of age. Clyde limits: men: 210+ women: 160+ **ALL SIGNUPS FOR CLYDESDALE MUST BE DONE AT THE 1ST "ALES" RACE YOU DO IN 2020. ONCE SIGNED UP FOR CLYDESDALE, THAT BECOMES YOUR CATEGORY FOR THE ENTIRE SERIES. SO BULK UP, SIGN UP, LOSE WEIGHT & WIN!**

ENTRY: Series: \$54 for the 6 race series if postmarked by Sun, 4/19; \$58 after that, including the night of 1st race. Shirts for sale at race, till gone. Individual races: \$12 per race **THOSE NOT ENTERING THE SERIES CAN ONLY SIGN UP THE NIGHT OF THE RACE.** Walkers very welcome. Rain or shine (in case of "mega-rain", check www.pretzelcitysports.com after 4 PM on raceday for race status). No refunds or awards mailed.

PREREGISTER FOR SERIES ONLY! ALL OTHERS MUST ENTER ON RACE DAY!

Optional Online Reg FOR SERIES ONLY on www.pretzelcitysports.com

(nominal service charge applies, closes midnight, Mon night of race week)

Make check payable to "PRETZEL CITY SPORTS. Send check & form below to: Pretzel City Sports, 112 W. 36th St, Reading, PA 19606 Race Director: Ron Horn: (610)779-2668 rhornpcs@aol.com (best way to contact)

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F **AGE AS OF 4/30/20:** _____ (age used for awards during entire series) Date of birth ____/____/____

Email: _____@_____ Already get Run Update emails? ___Yes ___No

Phone: (____) _____ **A.M?** ___ **P.M.?** ___ **BOTH?** ___ **Clydesdale?** ___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, any subcontractors & facilities 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. 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 ____/____/2020

Ales Application may be duplicated.

App also available at www.pretzelcitysports.com