



What does this mean for you? **Freedom!** You can now run or walk anywhere your heart desires. You can run in your neighborhood, at your local track, on your favorite trail, maybe on a treadmill, even AT THE BEACH! Have your running days past you by? Then pick a nice sunny day and take a relaxing walk! You can do it your way!

Proceeds will benefit Mercy Ministries www.mercypregnancycenter.org . Mercy Ministries is a local faith-based 501(c) 3 non-profit corporation now celebrating our 31st year! In addition to providing basic parenting education and other essential life skills, Mercy Ministries provides volunteer peer counseling, free pregnancy tests, information on sexually transmitted diseases, along with providing supplies and clothing all at no costs to them. **Mercy Ministries does not receive ANY government funding.**

ENTRY: \$25 by September 19th, 2020 Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/> (Nom. serv. fee applies, closes 5:00 pm Sept. 19th)

AWARDS: Overall Male and Female winner, and top three finishers in each age group, male and female. 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

RACE DIRECTOR: Joe Andrews 610 335-6607, or email to: joea2141@gmail.com

IF REGISTERING BY MAIL, MAKE CHECK PAYABLE TO: Mercy Ministries - MAIL CHECK & FORM BELOW TO: Mercy Ministries, ATTENTION: Lucille, 105 South 5th Street, Reading, PA 19602 by Monday September 15th, 2020

COURSE/ RESULTS: You have the virtual power to create your race! For those running for time. 5K = 3.12 miles. 3.12 miles = 12.5 laps around your local track. You can go to USA Track & Field's website, click on MapIt and create your own 5K course in your neighborhood, then go out run, or walk the course you want. If submitting your time, complete 3.12 miles (5K), record your time (even send us a picture of your watch face, and you too!!) You must submit your time by Hour: Minute:Sec Be sure to include your Full Name, City & State. Email your race result info to: joea2141@gmail.com no later than Sunday September 19th at 8:00 PM to have your effort be included in the final Virtual Race Results. Results will be posted to Pretzelcitysports.com by the end of the first work day following the race.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K / Walk Sex: M F Race day age: _____ Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

WAIVER: I know that **running/walking a virtual 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 **might** 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 **Mercy Ministries, Pretzel City Sports,.,** 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 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 ____/____/ 20__