



# Virtual ruOK? 5K & 1.5 mile Walk

## March 27 – April 4, 2021

**Run or Walk** your distance any time between midnight March 27- midnight April 4, 2021. Your route. Your report.

**Register** to participate by March 10, 2021 to get your Race Shirt and packet. Packet pick up will be March 25 & 26 at 1000 Lancaster Avenue, rear, 3-6 PM, via drive through!! Registration remains \$25!! Online registration available at [www.pretzelcitysports.com](http://www.pretzelcitysports.com), nominal fee applies. FYI: On line registration will close midnight, Thursday, April 1, 2021.

**Results MUST** be sent to [ruok5k@trsinc.org](mailto:ruok5k@trsinc.org) no later than midnight April 4 to be eligible for overall and age group medals. **NEW THIS YEAR:** Special Prize drawing for Walkers!! Send in documentation of your walk to be eligible!!

**Wear Your Shirt** to run/walk and be sure to use #ruok5k when posting to social media!! We want to see your support of suicide prevention in Berks County!

**MAKE CHECK PAYABLE TO “Threshold”.** Mail form to: Threshold ruOK? 5K, 1000 Lancaster Avenue, Reading PA 19607. Race Director: Karin Allmendinger 610-777-7691 [kallmen@trsinc.org](mailto:kallmen@trsinc.org)

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1.5M Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one) : S M L XL 2XL Phone: (\_\_\_\_) \_\_\_\_\_ A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

**Already getting Pretzel City emails regularly?**  Yes  No By submitting this Entry Form, I represent that I have read, understand, and agree to the following terms of my participation in the ruOK? 5K Race and Walk, Reading, PA.

1. I assume the potential risks in participating in the ruOK? 5K and Walk, including, but not limited to, falling, contact with other participants, traffic conditions on and around the race course, the condition of the race course, and the impact of weather (including high heat and humidity).
  2. I am medically able to participate and will abide by any decision of any race official, before or during the event, relative to my ability to safely participate. I agree that my failure to honestly represent my ability to participate in ruOK? 5K and Walk, or to accept the conditions of participation as stated above, may result in my disqualification from participation.
  3. In order to maintain my safety and those of other participants and individuals involved with the ruOK? 5K and Walk, I must and shall participate in the event alone, unassisted, and without the aid of any person, animal, or device, including, but not limited to, skates, skateboards, skis, and cycles. Reasonable assistance from a person or device is acceptable for the 1.5M walk
  4. My entry fee is non-refundable and my participation in the ruOK? 5K and Walk is non-transferable.
  5. I hereby grant permission for my name, photo, video, likeness, and/or voice to be used by ruOK? 5K and Walk, and/or any of its sponsors for any legitimate purpose.
- Having read and agreed to the conditions of participation as contained within this Entry Form, and knowing the truthfulness of the information that I have disclosed on this form, in consideration of the acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release the owners, organizers, managers, directors, and staff of the ruOK? 5K and Walk each and every sponsor, and any and all contractors and/or volunteers of the event, from any claims or liabilities of any kind arising in connection with my participation in the event, even though such liability may arise out of negligence or carelessness of any such party.

Signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/ 20\_\_

PARENT Signature for Participants under the age of 18: \_\_\_\_\_

Threshold is a partner agency with:

How did you hear about this event? Online Email Brochure Other \_\_\_\_\_

