WHO: Runners and walkers of all ages! Gather your family, friends and co-workers. Dogs are welcomed, but must be on leash; strollers are ill-advised.

WHAT: **Rock the Wall Run** is a fundraiser to support East **Coventry Township Parks and Recreation.**

WHERE: East Coventry Township Building
855 Ellis Woods Rd, Pottstown, PA 19465

WHEN: **Saturday, April 2, 2022**
7:30 a.m. – Registration begins
9:00 a.m. – Start time both races
~10:00 a.m. – Award presentation at Pavilion

All runners will follow the 5k course; 10k runners will continue on a new route to complete their run. Both routes are a combination of road and trail. 1, 2, 3, 4, 5, and 6 mile marked. Photos will be taken and will be available for free download.
(Preferred) Online Registration Available At:
https://www.pretzelcitysports.com/online-registration/ (nominal service fee applies, closes midnight, the Wednesday before race day)

Mail In Registration: $25 **check/money order payable to East Coventry Township** by March 2 to receive a Rock the Wall Thermal Long Sleeve T-shirt. The fee for entries received after March 2, and Race Day, is $30. T-shirts are not guaranteed if you register after March 2. Complete the form below and **Send Mail In Registration to Pretzel City Sports, 112 W. 36th St., Reading PA 19606**

Awards will be given to male and female finishers for the 5k and 10k races respectively. Structure for awards is to be determined.

Finish line and timing service by **Pretzel City Sports**. Race results to be posted on **www.pretzelcitysports.com**.

Map of Route is posted on East Coventry Township website http://eastcoventry-pa.gov/ or
http://www.mapmyrun.com/routes/view/1374091330

http://www.mapmyrun.com/routes/view/1386021277

REGISTRATION: John Doyle Rock the Wall

To register, please complete this portion of the form and submit with a $25 **check/money order payable to**: **East Coventry Township** by March 2nd to receive a Rock the Wall Thermal Long Sleeve T-shirt.The fee for entries received after March 2nd , and Race Day, is $30. T-shirts are not guaranteed if you register after March 2nd .Mail form and payment to: **Pretzel City Sports, 112 W. 36th St., Reading PA 19606**

Circle your Event: 5k RUNNER / 5k WALKER / 10k RUNNER **T-Shirt Size (*circle one*): Adult: S M L XL XXL**

Name _____

Address _____

City _____ ST _____ Zip _____ Phone _____

E-mail address_____ Age *(on Race Day)*____ Male____ Female____

Waiver/Release and Permission to Use Image.
For and in consideration of my participation in the "Rock the Wall 5th Annual 5K and 10K, East Coventry Township, PA" (hereinafter the "Race"), I hereby agree to the terms and conditions of this Waiver/Release and Permission to Use Image as more specifically set forth herein. I hereby acknowledge that participation in such a Race is an inherently dangerous activity. I understand that the risks include serious injury or death from such hazards as weather conditions, falls, contact with the road, motor vehicle traffic, contact with other participants, the effects of the weather including heat and/or humidity, cold, wind and wind/chill, the condition of the road, trails and farmland and other potential hazards, foreseeable and/or unforeseeable. I acknowledge that I should not participate in the Race unless I am medically able and properly trained. I hereby waive and release any and all claims from loss, casualty, injury or death against the Race Director, Race Officials, the Township of East Coventry, the County of Chester and all Race volunteers and sponsors, their supervisors, commissioners, directors, principals, any and all employees, servants and agents, their representatives and successors and hereby further agree to assume all risks associated with participation in this Race.
Furthermore, I acknowledge that photographs, videotapes, recordings and other reproduction(s) of my image may be used for promotional purposes by the Township of East Coventry, Directors, Officials and/or Volunteers for the Race. I hereby grant any and all necessary permission to use any such images in any form of media, published or unpublished, now or hereafter for any legitimate purpose. I have read and fully understand that these terms are contractual and not a mere recital and sign this Waiver/Release and Permission to Use Image voluntarily.

_____ _____
Date **Signature of Participant (or parent or guardian if under the 18 years of age)**

Any questions contact: **Jason Stouch jay.m.stouch@gmail.com or 610.781.3199**