

Upper Bucks Foot and Ankle Run for Youth

Supported by the Quakertown Rotary

10 Mile & 4 Mile Races

March 26, 2022



Pfaff Elementary School
1600 Sleepy Hollow Rd.
Quakertown PA 18951

Registration: 7:30-9:00AM
10 Mile Race: 9:00 AM
4 Mile Race: 9:00 AM

Join us for the Upper Bucks Foot and Ankle Run for Youth 10 Mile and 4 Mile races presented by the Quakertown Rotary. We are back in March, although later in the month, having learned our lesson after being snowed out three times in five years in early March.

The challenging USATF Certified (PA 16002WB) 10 mile course is a good test of your fitness while the 4 miler is a rolling out-and-back course for runners who prefer shorter distances. Both courses run through the rolling hills of Upper Bucks County and are well marked with signs and volunteers at all major intersections. While the roads are open, there is relatively little traffic.

Facilities include ample parking, indoor registration and awards and a generous post-race buffet featuring, grilled foods, fruit, and snacks.

Founded in 1905, Rotary International is a service club dedicated to the ideal of "Service Before Self." The Quakertown Rotary Club has been performing community service work since 1924. In addition to Habitat Bucks, the club supports a variety of youth initiatives in the Quakertown and Palisades school districts, the YMCA of Bucks County, Children's Development Program, Quakertown Food Pantry and others. More information about Quakertown Rotary can be found at www.quakertownrotary.org

**Please Do Not Park on the Grass!
There is overflow parking at the
Spinnerstown Inn & St. John's
Lutheran Church.**

From PA TPKE:

From the PA Turnpike, head west (right) on Rte. 663 (John Fries Highway) to the first light. Turn right and follow as above.

From Reading:

Take Rt. 73 East to Rt. 663 North. Follow Rt. 663 through Pennsburg to Spinnerstown Road. Turn left and follow as above.

From Doylestown:

Go west on Rt. 313 to Rt. 309. Continue straight as Rt. 313 turns into Rt. 663. Follow directions as above.

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4 Mile Race: 9:00 AM**

*Note: Both races start together and share the first mile. Feel free to change your distance any time until the routes split, regardless of which distance you put on the registration. **There is a 2:30 cut off time for the 10 Miler.***

In the event of bad weather, cancellation and rescheduling information will be posted on www.pretzelcitysports.com & Quakertown Rotary's Facebook page

Awards Follow Each Race

Awards (Male & Female)

4M: Overall 1-3; 1st Masters, Age Group
(3M/F): 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

10M: Overall 1-3; 1st Masters, Age Group
(3M/F): 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Course Records:

10M – M: Matt Gillette – 54:18 (2014)
F: Crystal Burnick – 1:03:12 (2013)

4M – M: P. J. Meany – 20:14 (2011)
F: Laretta Dezubay – 24:07 (2011)

Optional Online Registration Available at
<https://www.pretzelcitysports.com/onlineform1.php?id=1635>

Or

<https://www.active.com/quakertown-pa/running/upper-bucks-foot-and-ankle-10m-4m-race-2022-82010296>

Results will be posted at
www.pretzelcitysports.com

**Photos posted at:
Quakertown Rotary's Facebook page.**

**For questions, contact race organizer:
Bill Tuszynski
267-374-1631 (before 10PM)
wtuszynski@verizon.net**

Name _____

Age on Race Day ____ 10 Mile ____ 4 Miler ____

Shirt size: Youth Large S M L XL 2X

Address _____

City _____ State ____ Zip _____

E-Mail _ _____

\$35 Postmarked by 3/18/2022

\$40 After 3/18/2022 & Race Day

Total Enclosed:

MAKE CHECK PAYABLE TO:

Quakertown Rotary Club

MAIL TO:

Bill Tuszynski

27 Vassar Drive

Quakertown PA 18951

I know that participating in a race is a potentially hazardous activity. I should not enter unless I am medically able to participate. I also assume any and all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the roads. In consideration of accepting this entry, I hereby waive for myself and my heirs all rights and claims for damages I may have against the Quakertown Rotary Club, and all other sponsors, volunteers, their agents or representatives arising out of, or in the course of, my participation in this event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Signature _____

(parent/guardian if under 18 years)