



# RUN VALLEY RUN

## 5K RUN/WALK

Presented by Pequea Valley Cross Country  
Saturday, May 21, 2022 - 8:30 AM - Kinzers, PA



**LOCATION:** Starts behind Pequea Valley High School, 4033 East Newport Rd, Kinzers, PA;

**REGISTRATION:** Packet pickup begins at 7:00AM; 5k start at 8:30AM

**SWAG:** T-Shirt if registered for the 5k by May 1st. Shirts not available on race day. Refreshments for finishers, indoor toilet facilities, school parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days

**AWARDS:** Awards for 1st overall male & female plus top 3 male and female runners in each age group: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

**ENTRY:** \$25 if postmarked by May 1, 2022 (includes t-shirt), \$30 after May 1st (t-shirt not guaranteed).  
All profits support the athletes of the Pequea Valley Cross Country program.

Optional online registration available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

Registration will also be available during the evening of May 20th at Spring Fling (t-shirt not guaranteed).

### GENERAL DIRECTIONS FOR ALL:

**From Lancaster:** 340 E/Old Philadelphia Pike, Bear right on to 772 E, School will be approximately 2.5 miles on the left

**From Chester County:** Get on US-30 W, Turn Right on 772 W/Newport Rd, School will be approximately 2.8 miles on the right

### CHECK PAYABLE TO "PVXC" & MAIL CHECK & FORM BELOW TO:

PVXC % Bliss Strauss, 4033 East Newport Rd, PO Box 287, Kinzers, PA 17535

-----PLEASE PRINT CLEARLY-----

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Race day age: \_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Sex: M F Phone: ( ) \_\_\_\_\_ Best time to reach you: AM or PM

Shirt Size (circle one): S M L XL Email: \_\_\_\_\_@\_\_\_\_\_.com

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 of running in traffic. I also assume any or all risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects 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, PVXC and 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 on their behalf, or anyone else associated in any way with the race, from any claims or liability for death, personal injury or property damage of any kind of nature whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign):

**Signature:** \_\_\_\_\_

**Date:** \_\_\_/\_\_\_/\_\_\_