

***FLEET FEET WEST READING PRESENTS:
THE 5th ANNUAL***

BIG RUN 5K

Wed, June 1, 2022 – 6:30 PM - Birdsboro, PA

LOCATION/REGISTRATION: Starts at Union Meadows East, 100 Campbell Ford Rd, Douglassville, PA 19518 (behind The Fork & Ale off 724); Registration/number pickup starts at 5:30 PM. 5K begins at 6:30 PM, Awards Ceremony at 7:30 PM.

COURSE: Runs along the Schuylkill River Trail towards Reading, PA. Clock at finish. Rain or shine. No refunds or mailed awards. Awards can be picked up at Fleet Feet West Reading if not picked up during post-race awards ceremony.

ENTRY: \$20 if registered by May 30. Afterwards, inc. day of race, \$25. Registration must be completed online. Online Registration Available at <https://runsignup.com/Race/PA/Birdsboro/thebigrunwestreading> (Nominal service fee applies. Online registration closes at midnight on Monday, May 30)

AWARDS: 5K: Separate awards for the male and female winners and runners-up plus:
14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 3M, 3F

AMENITIES: Medals guaranteed to the first 150 registered (must show up day of race to collect); Time clock at finish. Post-race awards ceremony at. Results on www.pretzelcitysports.com in 1-2 days.

RACE DESCRIPTION: Be a part of something Big.

For the fifth year, Fleet Feet and Brooks will come together on June 1 to host The Big Run. The annual nationwide 5K brings thousands of runners together on Global Running Day to do what we love most—run. In past years we have had 16,000 runners logged 25,000 miles at more than 100 events in more than 20 states. Help us top that number this year. Why? Because we want to bring running to more communities; we want more people to set goals and meet them; we want more people to experience that feeling of accomplishment as they cross the finish line.

Because running changes everything.

Oh, and did we mention there will be prizes?

All results from certified, timed 5K races will funnel into a national leaderboard to determine the overall male and female winners as well as the fastest runners in each age group. Those winners will receive cash prizes. But it's not just about winning—we will also recognize other runners with unique awards.

Search #thebigrun on Facebook, Instagram or Twitter to see how our epic coast-to-coast running community celebrated at The Big Run last year. Not sure where to begin? Visit Fleet Feet West Reading to see when the next local 5K training program begins! We're here to help.