

THE 9TH ANNUAL

Sprains and Strains 5k

& Hangnail 1 Mile Fun Run/Walk

Presented by the BERKS COUNTY SCHOLASTIC ATHLETIC TRAINERS' ASSOCIATION

Saturday Nov. 12, 2022 – 10AM - Reading, PA

LOCATION/REGISTRATION: Course will be on the campus of Penn State-Berks, 1801 Broadcasting Road, Reading, PA 19610; Registration/bib pickup AT THE GAIGE BUILDING from 8:30 – 9:45 AM. 5K begins at 10:00 AM, Kids Run (ages 10 & Under) begins at 10:45 AM.

COURSE: Course begins and ends next to the Beaver Community Center and winds through the beautiful Penn State University Berks Campus on mostly paved areas. Course is relatively flat with a few hills. Timing and results by Pretzel City Sports; wheel measured course; course is stroller and wheelchair accessible

AMENITIES: T-shirt to all pre-registrants of 5K; FINISHER MEDALS for ALL finishers of 5k and Fun Run; Refreshments for finishers, indoor toilet facilities, loads of parking, time clock at finish and instant results. No refunds or mailed awards. Results on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for the Overall Male & Female winners plus: Top finisher from each age group: 13 & Under, 14 – 19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+ . No kids race awards, but the race will be timed.

ENTRY: For 5K: \$30 (guaranteed shirt) if postmarked by October 29th, 2022. Afterwards, inc. day of race, \$35 while shirts last. For kids run, \$2 if postmarked by October 29th, 2022. Afterwards, inc. day of race, \$5. No shirts for kids due to reduced fee.

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

CHECK PAYABLE TO “BCSATA & MAIL CHECK & FORM BELOW TO:

BCSATA c/o Danielle Miller
20 Hummingbird Road
Wyomissing, PA 19610

RACE DIRECTORS: Danielle Miller daniellemiller@ovsdpa.org and Ashley Care care@muhlslk12.net

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K KIDS Sex: M F Phone: (____) _____ A.M. or P.M.??

Shirt Size (circle one): S M L XL email _____@_____

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

Signature _____ date ____/____/ 2022