



THE FOURTEENTH ANNUAL

Frozen Knight 5K RUN



PRESENTED BY THE

READING HIGH SCHOOL CROSS-COUNTRY and TRACK & FIELD PROGRAMS



Sat, February 25, 2023- 10 AM - Reading, PA



Benefits Reading School District students who participate in the sport of running!

LOCATION/REGISTRATION: Starts/finishes at Reading High, 801 North 13th Street, Reading; Reg/number pickup at the Main Cafeteria behind school. Signs will direct you to cafeteria. Registration opens at 8:00 AM. Race begins at 10:00 AM.

COURSE: wheel measured course; mostly flat with short but memorable uphill and downhill in the first and last mile. Car traffic is minimal! Roads are not closed to traffic for race.

AMENITIES: Choice of Beanies or High-Tech Wicking T-shirt to all pre-registrants of 5K and post registrants, including day of race, while they last. Refreshments for finishers, indoor toilet facilities, loads of parking, time clock at finish and instant results. Race Held rain or shine. No refunds or mailed awards. Plenty of post-race snacks and raffle prizes. Race timed by Pretzel City Sports and results to be posted on www.pretzelcitysports.com in 1-2 days.

AWARDS: Awards for 1st and 2nd overall males & females plus: 5M, 5F; 15 & under: 5M, 5F 16-19 3M, 3F in these categories; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+

Rdg. School District Employees: 4M, 4F Rdg. School District Students: 4M, 4F (both eligible for age group awards as well)

Senior High and Junior High Team Competitions: No additional cost. Unlimited roster (must include at least one female). First female & two other fastest runners count towards points. Awards based on X--Country scoring (15th place earns 15 pts, etc.) Award given to sr. high team & jr. high team with the lowest 3 person point total. Team members still eligible for individual awards.

Reading School District Staff Building Team Competition: The winning school gets their school's name placed on the plaque and the plaque stays at your school until the race next year. The rules are the same as the student Team competitions above.

ENTRY: \$27 if postmarked by February 10, 2023. Afterwards, including day of race, \$32 while shirts/beanies last, \$20 after shirts/beanies are gone.

Online: at www.pretzelcitysports.com(small service fee applies), closes at Midnight Wednesday February 22, 2023

GENERAL DIRECTIONS FOR ALL: Rt. 422 Bypass to Penn St (NOT Penn Ave.). Take bridge across river into Reading. Go left at 4th light onto 5th Street. Go 3 lights, take right onto Walnut St. Go until 13th Street. Take left on 13th St. and go approx. 8 blocks to high school on right. Turn into lane in front of Gym and proceed to parking in back. Enter café for registration

FROM LANCASTER, ALLENTOWN & COAL REGION: Rt 422 East (toward Pottstown) connects to Rt 222 north of town.

MAIL CHECK PAYABLE TO "RHS"

MAIL CHECK & FORM BELOW TO: Attn: Chris Yeshulas, Reading High School 801 N.13th St., Reading PA 19604.

Questions?? Chris Yeshulas: by phone/text (484)525-0182, or by e-mail yeshulac@readingsd.org

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

Last name _____ First name _____

Address _____

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

Sex: M F Beanie___ or Shirt Size (circle one): S M L XL email _____ @ _____

Team Category: check one & provide team name ONLY if entering a team of 3 or more people, one must be a female)

Junior High ___ Senior High ___ Team Name _____

(RSD Staff Competition School Name _____ RHS ALUMNI _____

Already Getting Weekly Runner Update Emails? ___ Yes ___ No Phone: () A.M. or P.M.??

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 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, Reading School District 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 ____ / ____ / 20 ____

(Parent's Signature instead entry is under 18 years old)