12th Annual Dr. Jeffrey Zackon Memorial 5K Run & Walk and 1 Mile Fun Run/Walk with Virtual 5K Option

Presented by

Oley Valley Community Education Foundation

Date: Saturday, April 15, 2023

Registration begins: 8:00 AM

5K Run/Walk starts: 9:00 AM / Fun Run starts: 9:10 AM



Runners of all ages. Gather your family, friends, and co-workers. Walkers are also invited to participate using the same 5k course or a shorter 1-mile route.

LOCATION / DIRECTIONS:

- Oley Valley High School, 17 Jefferson Street, Oley, PA 19547
- Registration will be located in the parking lot

5k COURSE: Race will begin and end at the Oley Valley High School, 17 Jefferson Street, Oley, PA, 19547 (enter the parking lot via Lynx Dr.) and will proceed through beautiful downtown Oley and the surrounding countryside.

5k ENTRY FEE: \$20 if registered by March 14th to receive a T-shirt. The fee for entries received after March 14th, including Race Day, is \$25. Extra shirts will be available in limited sizes the day of the race while supplies last. **Runners 18 and under:** \$10 registration fee includes shirt

FUN RUN: Adults \$15/**Age 18 and under** \$10 Must be registered by March 14th to receive a T-shirt. After that date, shirts will be available while supplies last. Please join us for a superhero and princess theme FUN RUN.



VIRTUAL COURSE: Sign up for our virtual option and you can run your own race wherever you like between now and April 15. Complete 3.1 miles (5K) and record your time by Hr:Min:Sec. Your results must be sent to us by email <u>OleyValleyCEF@gmail.com</u> no later than Saturday, April 15th at 6:00 PM to have your results included in the final results posted at Pretzelcitysports.com. Awards are not given in the Virtual Event.

Virtual Race Fee: \$20 with Mailed Shirt. The shirt will be mailed to you after April 15th. **Virtual Registrations** must be received by March 14th to guarantee a shirt. After that date, shirts will be available while supplies last. **Runners 18 and under:** \$10 registration fee includes shirt if reg. March 14th, after that date, shirts will be available while supplies last.

Optional Online Registration Available at https://www.pretzelcitysports.com/online-registration/ (Nominal service fee applies, closes midnight, April 12)

COVID PRECAUTIONS: We will follow any necessary COVID protocols in place at the time of the event.

RESULTS: Finish line and timing service by Pretzel City Sports. Race Results posted on www.pretzelcitysports.com

QUESTIONS: Contact Cinamon Kopicki at OleyValleyCEF@gmail.com or 610-987-4100 ext. 1200

5k AWARDS (for in-person participants): Awards will be presented to Overall Male and Female adult and youth champions (age 19 and under) and to the top three male and top three female finishers in each of the following age brackets: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ years.

REGISTRATION: Zackon Memorial 5K Run /Walk & Virtual Complete this portion. Detach and mail. Include a \$20 early registration fee by March 14th Late registration fee is \$25. Adult Fun Run registration fee is \$15. Participants 18 and under for 5K, and Fun Run registration fee is \$10. (Shirt not guaranteed after March 14th in all categories.)

Name	Address		T-shirt size (circle one) Youth S M L XL Adult S M L XL XXL
City	State	Zip Gender: Male Female	Addit 5 M L AL AAL
Age on Race Day:	Event (Circle one) 5k Runner 5k Walker	1 mile Fun Run/Walker Virtual 5k w/ shirt mailed	
Phone:	E-Mail ad	ddress:	

<u>WAIVER/RELEASE</u>: I hereby waive all claims against the race director, race officials, and volunteers, any and all sponsors, including, but not limited to, OVCEF, Oley Township, Oley Valley School District from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event, and I assume all risks associated with running or walking in this event including, but not limited to: falls; contact with other participants; effects of weather, including high heat and/or humidity; and the condition of the road; all such risks being known and understood by me. I grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Date

Signature X_

(Parent or guardian's signature if less than 18 years of age.)

Please make checks payable to Oley Valley Community Education Foundation (memo: Zackon Memorial 5K) Mail to: Oley Valley Community Education Foundation, P.O. Box 331 Oley, PA 19547