



life's choices

SPRING CHICKEN 5K RUN/WALK AND FAMILY FESTIVAL

SATURDAY, APRIL 29, 2023

Schuylkill River Trail/Hamburg

The 2023 Spring Chicken Run is in remembrance of David Crossett

Saturday, April 29 at Hamburg Community Park, Franklin St. & Park Rd. Hamburg

Registration begins at 8:00 a.m.

9:00 a.m. Chick Chase Fun Run (age 12 and under)

9:30 a.m. Spring Chicken 5k Run/Walk

Parking on site.....Indoor toilet facilities.....Water available

Questions?
Contact Race Director
sboyer253@gmail.com
Or call or text Life's Choices
610-683-8000

THE AWARDS: \$50 Fleet Feet Gift Card and Medal awarded to the top male and top female finisher in the 5k. **Medals** will be awarded to the top three males and females by age division: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. Medals will be awarded to the top three boy and girl finishers in the Fun Run. Awards Ceremony after the race. *Race timed by Pretzel City Sports.*

**MUST REGISTER BY APRIL 15TH
TO GUARANTEE A FREE T-SHIRT AND CHICK-FIL-A SANDWICH AT EVENT**

THE COURSE: SCHUYLKILL RIVER TRAIL GPS measured course starts and ends on the scenic trail at the Hamburg Park. It is an out and back race that is run entirely on the beautiful trail that runs along the Schuylkill River. No rocky terrain, only small pebbles, and very flat and fast. Great course to enjoy the scenic trail and to set a personal record!

T-SHIRT AND LUNCH GUARANTEED WITH EARLY REGISTRATION

| | By April 15 | After April 15 |
|---|--------------------|-----------------------|
| 5k Run/Walk Adult: | \$30.00 | \$35.00 |
| 5k Run/Walk CHILD: 12 and under | \$15.00 | \$20.00 |
| Chick Chase: 12 and under (no cost with 5k registration) | \$15.00 | \$20.00 |
| Teams of Four or More: (per person) | \$20.00 | \$25.00 |

REGISTER ONLINE AT www.PretzelCitySports.com

Online registration only, no mail in registrations

Nominal service fee applies. Online registration ends at midnight on Wednesday, April 26, 2023.

Walk-up registrations are accepted on the day of the race.

