

2023 Registration Form



October 7, 2023

Gring's Mill Recreation Area, Reading, PA

Location Registration: Starts at Gring's Mill Recreation Area, 2083 Tulpehocken Rd, Reading, PA 19610.

Registration opens at 8:00AM. 5K is at 9:00 AM, Awards @10AM

Course: FLAT & FAST course on the Union Canal Trail with turn around at Stonecliffe Recreation Area parking lot. Trail is packed cinder and paved, with a scenic view of the Tulpehocken Creek.

Amenities: T-shirts to all pre-registrants of 5K. Refreshments and snacks for finishers, free parking, time clock at finish and instant results. **Held rain or shine. No refunds or mailed awards.** Results posted on www.pretzelcitysports.com the next business day.

Awards: Awards for the Overall 1st, 2nd & 3rd male and female finishers plus: **14 & under:** 3M, 3F **15-18:** 3M, 3F **19-29:** 3M, 3F **30-39:** 3M, 3F **40-49:** 3M, 3F **50-59:** 3M, 3F **60-69:** 3M, 3F **70+:** 3M, 3F

Entry for the 5K Race: \$20 if received by September 1st with guaranteed shirt. Afterwards, including day of race, \$25 while shirts last.

Registration: Online registration available at www.pretzelcitysports.com (small service fee applies, closes at midnight on October 6th) Mail: Make Checks Payable to "Reading-Berks Association of REALTORS" - Mail Check & Registration Form to: Reading-Berks Association of REALTORS, 2201 Ridgewood Rd, Ste 350, Wyomissing, PA 19610 received by September 30, 2022.

Proceeds from this race benefit the following organizations: Habitat for Humanity of Berks County and Neighborhood Housing Services of Greater Berks, Inc.

Event Coordinator: Laura Culp, info@realestateinberks.com 610-375-8458

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex  M  F Race Day Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size (Circle one) S M L XL XXL

Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-Mail: \_\_\_\_\_ @ \_\_\_\_\_ Already Getting emails from Pretzel City? \_\_\_\_ Yes \_\_\_\_ No

# 2023 Liability Waiver



October 7, 2023  
Gring's Mill Recreation Area, Reading, PA

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

**WAIVER:** I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I acknowledge that if I am sick, I should not attend the Event. I also know that there could be hazards on the course and assume the risk for running on the trail. 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 trails, 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 the Reading-Berks Association of REALTORS, Pretzel City Sports, the County of Berks, including their Parks & Recreation Department 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 or 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 whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown.

In the event of an illness, injury or medical emergency arising during the event, I hereby authorize and give my consent to any R-BAR Staff member or volunteer to secure from any accredited hospital, clinic and/or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment, and hospitalization.

Registration and attendance at the 5K Run for Shelter (hereinafter referred to as "Event") and other activities constitutes an acknowledgment of the risk of COVID-19. This includes, but is not limited to, possible exposure to COVID-19. By registering and attending the Event, I agree to follow the venue's applicable restrictions and policies. While R-BAR and venue have taken preventative measures to reduce the spread of COVID-19, R-BAR cannot guarantee that its participants, volunteers, members, or others in attendance will not become infected with COVID-19. I knowingly and freely assume all such risks related to illness, even if arising from the Released parties.

I am granting permission to all parties involved with the race to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

## **I HAVE READ AND UNDERSTAND THIS WAIVER:**

Signature \_\_\_\_\_ (if under 18, legal guardian must sign)

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Please send signed liability waiver to your team captain if you are a part of a team.**