



KEYSTONE DEAF & HARD OF HEARING SERVICES PRESENTS 5K Race and 1-Mile Walk



Sun, September 24, 2023 - 9 AM – Heritage Center

Proceeds from the race will help our Client Services!

LOCATION/REGISTRATION: Heritage Center, 1102 Red Bridge Rd, Reading PA 19605; Registration/number pickup at Heritage Center, starting at 8:00 AM. 5K and 1mi Walk begins at 9:00 AM. The 1-mile walk is for all age participants and will be in the opposite direction of the 5K. Held rain or shine. COURSE: wheel measured course; scenic, crushed stone, fairly flat, out and back trail.

5K AWARDS: Trophies will be presented to Overall Male and Female Champion. Medals also presented to the top 2 Male and top 2 Female finishers in each of the following age brackets: 12 and Under, 13-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years. 3rd Place will receive a certificate. No mailed awards. Results on www.pretzelcitysports.com.

ENTRY FOR 5K & 1-mile walk: 5K fee: \$40 if reg. by August 25th, includes t-shirt. After August 25th shirt is not included. 1-mile walk: \$25 includes t-shirt. After August 25th, shirt is not included. To register, complete the form below OR Online entries available at https://www.pretzelcitysports.com/onlineform1.php?id=1380 (Nominal service fee applies, closes at midnight, the Wednesday before race day)

DIRECTIONS: From the Reading Area: Rt. 12 & Route 422 West/Warren Street Bypass until Paper Mill Rd. exit. At the end of ramp, continue straight. Go two more traffic lights to Broadcasting Rd. and turn right. Go approx. 1/2 mile and turn left onto 222 North. Stay on this highway until you see the exit for 183. Turn right onto 183 South and go through traffic light (gas station on your right). On the right-hand side, immediately following the dairy farm, is Red Bridge Rd. Turn right on Red Bridge Rd. at our Park entrance sign. The Heritage Center is straight ahead. From Lancaster/York & South/West (or Rt. 76 [PA Turnpike] exit 21): Route 222 North. Stay on this highway until you see the exit for 183. Turn right onto 183 South and go straight through traffic light (gas station on your right). On the right-hand side, immediately following the dairy farm, is Red Bridge Rd. Turn right on Red Bridge Rd. at our Park entrance sign. The Heritage Center is straight ahead.

MAIL CHECK PAYABLE TO "KDHS" & FORM BELOW TO:

1290 Broadcasting Rd. Ste. 1 Wyomissing PA 19610. For more information contact Beth Setley, bsetley@kdhs.net, Stephanie Fains, sfains@kdhs.net, or Sarah Cline, scline@kdhs.net

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

Race (circle one): 5K \$40 (shirt included until 8/25/23) 1-mile walk \$25 (shirt included until 8/25/23)

T-shirt size (circle one) Adult: S M L XL

Address _____

City/State _____ Zip _____ Phone: _____

Race day age: _____ Date of birth: _____ SEX: M F 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 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, Keystone Deaf & Hard of Hearing Services 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/2023