



1st Promise 5k Run

& 1 Mile Fun Walk

Saturday, August 26, 2023 8:00 A.M.

LOCATION: West Reading Playground. 505 Sycamore Rd, West Reading, PA. Regist./ number pickup opens at 7:00 a.m. 5k starts at 8:00 a.m., 1 Mile Fun Walk at 8:45 a.m.

COURSE: Flat & Fast, many aspects of course are shaded. Course will start and finish at the West Reading Playground and will be wheel-measured to the exact foot.

Clock at finish, refreshments, mile splits, instant results. Rain or shine. No refunds or mailed awards.

AWARDS: AWARDS: 5K: Separate awards for the Overall Top male and female Finisher plus: 14 & under: 3M, 3F 15-19: 3M, 3F 20-29: 3M, 3F 30-39:3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-69: 3M, 3F 70+: 1M, 1F

ENTRY: 5k: \$25 if entered by Friday, August 18, 2023. Afterwards, incl. race day, \$30. 1 Mile Fun Walk: Ages 8 & Under Free with Paying adult. For 9 - 13 y.o.: \$5; 14 y.o. and over: \$25 if entered by August 18, 2023, incl. t-shirt. Afterwards, inc. day of race, \$30.

Note: Participants of both the 5k & fun walk must enter twice

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, the Wed. of race week)

RACE DIRECTOR: José Joel Delgado, email josejoeldelgado@gmail.com or Alicia Hoffmaster, email AHoffmaster@familypromiseofberks.org / phone: 610-373-3323 x 104. More info at www.FamilyPromiseofBerks.org

MAKE CHECK PAYABLE TO "Family Promise of Berks County"

MAIL CHECK & FORM BELOW TO: ATT: Alicia Hoffmaster / Family Promise of Berks County 325 N 5th St. Reading, PA 19601

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M 1M (8 & under) Sex: M F Race day age: _____ Date of birth ____/____/____

Shirt Size (circle one): S M L XL Phone: (____) _____ A.M. or P.M.??
circle one or both

Email: (print clearly) _____

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 affects 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, Family Promise of Berks County, 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. By entering this race, I am granting permission to Pretzel City Sports 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: (if under 18, legal guardian must sign)

Signature _____

date ____/____/ 20__