

**Berks Gymnastics Team**  
presents the 11th Annual  
**Flippin' Fun 5K Turkey Run**

**Thanksgiving Day—November 23, 2023**

**WHO:** Runners of all ages. Bring your family and friends to join our pre-Thanksgiving feast run!

**WHAT:** The Flippin' Fun 5K Turkey Run course runs through gorgeous Wyomissing Park on both streets and trails. The course is fast, relatively flat and will once again be chip-timed by Pretzel City Sports.

**WHEN:** Thanksgiving Day, Thursday, November 23rd.  
7:30am—8:45am Registration  
8:30am Fun Run  
9:00am 5K Run  
Awards immediately following 5K race

**WHERE:** The race will begin & end at the Quarry Soccer Fields, 2001 Old Wyomissing Rd, Wyomissing, PA 19610. The fields are located behind the Wawa on the corner of Museum Rd & Lancaster Ave in Shillington. **If using a GPS, please use:**

**100 W. Lancaster Pike, Wyomissing, PA 19610**

**HOW:** Applicant's may pre-register with the attached form or online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com). Registrations are available the day of the run at the pavilion at the Quarry Fields. Early registrations are discounted and will be accepted if received prior to 11:59pm on November 8, 2023.

**NOTE:** Shirts are guaranteed for all **5K early registrants**. Remaining shirts will be given to registered 5K participants on a first-come, first-served basis, honoring size requests to the best of our ability.

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**REGISTRATION/FEES:** Register using the entry form to the right or online at [www.pretzelcitysports.com](http://www.pretzelcitysports.com), with a nominal service fee.

Registration Details	5K Run (9:00am)	FUN RUN (8:30AM)
<b>Early Registration By midnight 11/08/23</b>	<b>\$30</b> shirt included	<b>\$10</b> - no shirt <b>\$20</b> - w/shirt
<b>11/9-11/21</b> (Online reg closes 11/21 @11:59pm)	<b>\$35</b> shirt IF AVAILABLE	<b>\$10</b> - no shirt
<b>11/23/23</b> RACE DAY!	<b>\$40</b> shirt IF AVAILABLE	<b>\$10</b> - no shirt

**Early Check-in, Packet Pick Up & Registration:** 11/21/23 and 11/22/23 from 6:00-8:00pm at Berks Gymnastics Academy, 325 Morgantown Road, Reading, PA 19611. You may also check-in and pick up your packet at the venue on race day.

**Results:** Start/Finish line, chip-timing services and award determination by Pretzel City Sports. Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com).

**Prizes:** Trophies for Overall Male & Female champions. Medals to the top three male & female finishers in the following age brackets: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ . .

**Questions:** Find us on Facebook (search for Berks Gymnastics Flippin' 5K Turkey Run).

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**RACE ENTRY FORM—Please Print Clearly—1/person**

**Last Name**

**First Name**

**Gender (circle): Male Female**

**Address:**

**City/State/Zip:**

**Date of Birth** \_\_\_/\_\_\_/\_\_\_ **Age on race day**

**Email:**

**Phone:**

**Registering for (circle): 5K / Fun Run**

**Shirt Size (circle): Youth: S M Adult: S M L XL XXL**  
**Fee Enclosed \$**\_\_\_\_\_ (checks payable to Berks Gymnastics Team and mail to or drop off form at: **BGT5K 325 Morgantown Rd, Reading, PA19611**)

**\*\*\* If running as a friend of one of our gymnasts, please provide the gymnast's name below:**

**Gymnast Name:**

**Waiver and Release:** I, the undersigned (over age 18) intending to be legally bound, do hereby waive and release all rights, claims, demands, and/or causes against the Berks Gymnastics Team and all other race sponsors for any person or injury which I might sustain during the race, immediately known to me or hereafter discovered and for any and all other damages to losses which I might incur now or in the future arising from or out of my participation in this race, and on my travel to and from this race. I verify that I am physically fit and have trained sufficiently. Permission is granted to use my photograph and name for any and all purposes.

**Signature**

**Date**

(If under the age of 18, a parent or guardian's signature is required.)

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*Corporate sponsorships are still available for the Berks Gymnastics Flippin' Fun 5K Race. Please contact the Berks Gymnastics Race Committee for additional details.*

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**RACE PERKS...**

Bag Check

Chip Timed

Awards

and Prizes

And...

Credit Card Payment on Race Day

**Berks Gymnastics Team**

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**Race cancellation policy:**

The Berks Gymnastics 5K Run Committee reserves the right to postpone or cancel the race in the event of inclement weather or other unforeseen circumstances.

We will make every effort to hold the race as scheduled; however, the safety of participants and volunteers is of paramount importance. In addition, if we are informed by local authorities that conditions are too dangerous, we may postpone or cancel the race.

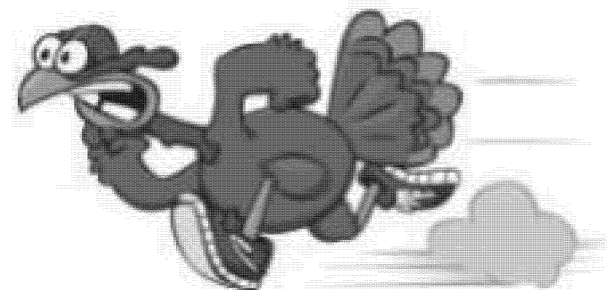
In such cases, race fees will not be refunded. Free or reduced entry to next year's race may be provided at the discretion of the race committee.

**Please provide a valid email address on the registration form in the event that we need to communicate important information regarding the race.** We will use email and update our Facebook page should the need arise.



**Thank you for your support of the Berks Gymnastics Team!**

**The Berks Gymnastics Team  
Proudly Presents  
The 11th Annual  
Flippin' Fun 5K Turkey Run**



***Thanksgiving Day***

***November 23, 2023***

***Fun Run @ 8:30am***

***5K Run @ 9:00am***