



Rotary

The Perkasie Rotary Club

Presents

The 2025 Run For the Hills



10 Mile & 4 Mile Races

March 8, 2025

Pfaff Elementary School
1600 Sleepy Hollow Rd.
Quakertown PA 18951

Registration: 8:00-9:30AM
10 Mile Race: 9:30 AM
4 Mile Race: 9:30 AM

Your friends at Perkasie Rotary revived the former Rotary Run For Youth/Upper Bucks Foot & Ankle 4M/10M race as the Run For The Hills. This year we are aiming for bigger and better for the running community.

The challenging USATF Certified (PA 16002WB) 10-mile course is a good test of your fitness while the 4 miler is a rolling out-and-back course for runners who prefer shorter distances. Both courses run through the rolling hills of Upper Bucks County and are well marked with signs and volunteers at all major intersections. While the roads are open, there is relatively little traffic. The races start together and share the first mile+. You are free to change your distance any time before the routes split regardless of which distance you registered for. Walkers are welcome in the 4 miler.

Facilities include ample parking, indoor registration and toilet, and awards. Runners are treated to a generous post-race buffet featuring, grilled foods, fruit, and snacks.

Founded in 1905, Rotary International is a service club dedicated to the ideal of "Service Before Self." The Perkasie Rotary Club has been performing community service work since 1924. More information about Perkasie Rotary can be found at www.perkasierotary.com

**Please Do Not Park on the Grass!
There is overflow parking at the
Spinnerstown Inn & St. John's
Lutheran Church.**

From PA TPKE:

From the PA Turnpike, head west (right) on Rte. 663 (John Fries Highway) to the first light. Turn right onto Spinnerstown Road. Turn left at the four-way stop and Pfaff Elementary will be on your right at the top of the hill.

From Reading:

Take Rt. 73 East to Rt. 663 North. Follow Rt. 663 through Pennsburg to Spinnerstown Road. Turn left and follow as above.

From Doylestown:

Go west on Rt. 313 to Rt. 309. Continue straight as Rt. 313 turns into Rt. 663. Follow directions as above.

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*Note: Both races start together and share the first mile. Feel free to change your distance any time until the routes split, regardless of which distance you put on the registration. **There is a 2:30 cut off time for the 10 Miler.***

In the event of bad weather, cancellation and rescheduling information will be posted on www.runtheday.com & Perkasio Rotary's Facebook page

**Awards Follow Each Race
Awards (Male & Female)**

4M: Overall 1-3; 1st Masters, Age Group (3M/F): 9 & Under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

10M: Overall 1-3; 1st Masters, Age Group (3M/F): 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Online Registration Available at

<https://runtheday.com/register/detail/the-2025-run-for-the-hills-4-mile10-mile-race/>

<https://www.pretzelcitysports.com/onlineform1.php?id=1789>

Results will be posted at www.runtheday.com and www.perkasierotary.com

For questions, contact race organizer:

Bill Tuszynski

267-374-1631 (before 10PM)

bill.tuszynski@gmail.com

Course Records:

10M – M: Matt Gillette – 54:18/5:25 pace (2014); F: Crystal Burnick – 1:03:12/6:19 pace (2013)

4M – M: P. J. Meany – 20:14/5:04 pace (2011); F: Laretta Dezubay – 24:07/6:02 pace (2011)

Any runner breaking a course record receives a comp entry in 2026.

*These course records were set on the original course which was 0.8 milers shorter than the current course. The difference in distance will be considered when assessing a possible new course record.

Name _____

Age on Race Day ____ 10 Mile ____ 4 Miler ____

M _____ F _____

Shirt size: Youth Large S M L XL 2X

Address _____

City _____ State ____ Zip _____

E-Mail _____

\$40 Postmarked by 3/2/2025

\$45 After 3/2/2025 & Race Day

MAKE CHECK PAYABLE TO:

Perkasie Rotary Club Foundation

MAIL TO:

Bill Tuszynski

27 Vassar Drive

Quakertown PA 18951

I know that participating in a race is a potentially hazardous activity. I should not enter unless I am medically able to participate. I also assume any and all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the roads. In consideration of accepting this entry, I hereby waive for myself and my heirs all rights and claims for damages I may have against the Perkasio Rotary Club, and all other sponsors, volunteers, their agents or representatives arising out of, or in the course of, my participation in this event. I also give permission for the free use of my name and picture in any broadcast, telecast or print media account of this event.

Signature _____

(parent/guardian if under 18 years)

Date _____