

THE 1<sup>st</sup> ANNUAL  
**Run for the Woods**  
**5K TRAIL RUN**  
& 1 MILE ALL-AGES FUN RUN/WALK



**Saturday, September 27, 2025 - 9 AM - Birdsboro, PA**

**LOCATION/REGISTRATION:** Rock Hollow Woods ELC- 615 Rock Hollow Road, Birdsboro, PA 19518; Registration/number pickup at Rock Hollow Woods ELC. on Friday, September 26th from 12 PM to 2 PM or Saturday, September 27th starting at 8 AM. 5K at 9:00 AM, Fun Run/Walk (all ages) at 9:45 AM.

**COURSE:** Wheel measured course on natural trails through forests and meadows

**AMENITIES:** 50/50 cotton blend T-shirt to all registrations completed by August 31st. Children's activities. Raffles. Refreshments for finishers. Time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for 1st Overall Male & Female plus top 3 M & F in 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+

**ENTRY:** Pre-registration is **REQUIRED**. \*\*Registration CLOSES Sept. 20th- There are NO Race Day Signups.\*\* For 5K: \$35 if registered by August 31, 2025 (includes a t-shirt). \$35 after that including September 19, 2025 (shirts NOT included). For Fun Run/Walk: \$15 if registered by August 31, 2025 (includes a t-shirt). \$15 after that including September 19, 2025 (shirts NOT included).

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>  
(Nominal service fee applies, closes on September 19th)

**CHECK PAYABLE TO** "Rock Hollow Woods ELC & MAIL CHECK & FORM BELOW TO: Rock Hollow Woods ELC 615  
Rock Hollow Road Birdsboro, PA 19508.

RACE DIRECTOR: Rock Hollow Woods (610) 582-0415, [info@rockhollowwoods.org](mailto:info@rockhollowwoods.org), [rockhollowwoods.org](http://rockhollowwoods.org)

.....Please Print Clearly and complete a separate application for each participant.....

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Race (circle one): 5K    Fun Run/Walk    Sex:    M    F    Phone: (\_\_\_\_) \_\_\_\_\_

Shirt Size (circle one): Youth Sizes: YXS    YS    YM    YL    YXL    Adult Sizes: AXS    AS    AM    AL    AXL

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 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, **Rock Hollow Woods** 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 what so ever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

signature \_\_\_\_\_ date \_\_\_\_/\_\_\_\_/2025