

PRETZEL CITY SPORTS PRESENTS THE 49<sup>th</sup> ANNUAL

# Grings Mill Run

## 5K & 10K Races

Sunday, August 2nd, 2026 9:00 A.M. Reading, PA  
“*Pennsylvania’s Prettiest 5k & 10k*”

**LOCATION:** Grings Mill Park (**RETURNED THERE IN 2025**), 2083 Tulpehocken Rd, Reading, PA. Registration/number pickup opens at 7:45 a.m. 5k starts at 9:00 a.m., 10k at 9:10, Clock at finish, great post-race food, wheel measured course, select mile splits, instant results, results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) by noon on the next business day after raceday. **COURSE:** 99% flat & NO Traffic; Runs along a VERY scenic trout stream!! Held on both packed cinder & paved trails. **TRAIL REPAIRS IN 2025 ARE DONE. BACK TO ITS ORIGINAL COURSES USED IN THE PAST FROM THIS LOCATION!**

**ENTRY:** 5k/10k: \$32 with shirt if received by midnight, Mon 7/20/26. includes short sleeve unisex T-shirt; \$27 without shirt. After that including raceday, \$37 while shirts last, \$32 without shirt or once extra shirts are gone. **BONUS:** no need to decide which event you want to do now; state a preference but decide on race day based on the weather and your fitness level. **IMPORTANT** cash or check **ONLY** for raceday entry.

**On-line registration w/credit card encouraged at [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**  
(Nominal service fee applies – closes at midnight, Wednesday of raceweek)

**AWARDS FOR EACH DISTANCE:** 1st overall M & F plus the top 3 M & F in each of these age groups: 0-13, 14-19 (19 & under for 10k only), 20-29, 30-39, 40-49, 50-59, 60-69, 70-77 (for 10k only, top womens age group is 70+), 78+, top 3 Clydesdales and Clydettes, Clyde qualifiers: Men-min. of 210 lbs. or 185 if 5 ft., 9 inches tall or less. Women: min. of 160 lbs., 145 if 5 ft., 4 inches tall or less. Clydes NOT eligible for age group awards. **OTHER IMPORTANT INFORMATION:** No pets or alcoholic beverages allowed in Park, Event held rain or shine but if the weather gets mega-weird, please check the “pop-up” on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) after 6 AM on raceday, Races will start promptly so please arrive early; we do reserve the right to delay the start time if “lightning”.

**Make check payable to “PRETZEL CITY SPORTS. Send check & form below to: Pretzel City Sports, 112 W. 36th St, Reading, PA 19606 Race Director: Ron Horn: (610)779-2668 [rhornpcs@aol.com](mailto:rhornpcs@aol.com) (best way to contact)**

---

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Sex: M \_\_\_ F \_\_\_ Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_  
Unisex Shirt Size (circle size): S M L XL XXL Clydesdale: Yes No Preferred Distance: (not binding) 5k 10k  
Email Address: \_\_\_\_\_@\_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ A.M.? \_\_\_ PM? \_\_\_ Both? \_\_\_

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 could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the impact of the weather, the conditions of the course, 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 the Berks County Parks and Recreation Department, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for 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. This waiver extends to all claims of every kind of 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 my review, restriction or compensation. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Additional Donation for Grings Mill Park (totally optional) \$ \_\_\_\_\_**