

# 2026 Registration Form



**When and Where:** October 3, 2026 Starts at Gring's Mill Recreation Area, 2083 Tulpehocken Rd, Reading, PA 19610.  
Registration opens at 8:00 AM. 5K is at 9:00 AM, Awards after 10 AM

**Course:** FLAT & FAST turn-around course on the Union Canal Trail, passing by the Berks Heritage Center. Trail is packed cinder and paved, with a scenic view of the Tulpehocken Creek.

**Amenities:** Guaranteed t-shirts to all early bird registrations. Refreshments and snacks for finishers, free parking, time clock at finish and instant results. **Held rain or shine. No refunds or mailed awards.** Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) the next business day.

**Awards:** Overall male and female, plus, 1st, 2nd, 3rd male & female in the following age brackets: 14 & under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

**Early Bird Entry:** \$25 by Sept. 4th, includes shirt; \$30 after that date, including race day, shirts while supplies last

**Registration:** Online registration available at <https://www.pretzelcitysports.com/online-registration/>

Mail: Make Checks Payable to "Reading-Berks Association of REALTORS" - Mail Check & Registration Form to: Reading-Berks Association of REALTORS, 2201 Ridgewood Rd, Ste 350, Wyomissing, PA 19610 received by September 30, 2025.

**Proceeds from this race benefit the following organizations:** Habitat for Humanity of Berks County and Neighborhood Housing Services of Greater Berks, Inc.

Event Coordinator: Laura Culp, [info@realestateinberks.com](mailto:info@realestateinberks.com) 610-375-8458

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex: M F Race Day Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size (Circle one) S M L XL XXL

Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ E-Mail: \_\_\_\_\_ @ \_\_\_\_\_

# 2026 Liability Waiver



October 3, 2026  
Gring's Mill Recreation Area, Reading, PA

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

**WAIVER:** I know that running a trail race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I acknowledge that if I am sick, I should not attend the Event. I also know that there could be hazards on the course and assume the risk for running on the trail. 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 effects of the weather and the condition of the trails, 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 Reading-Berks Association of REALTORS, Pretzel City Sports, the County of Berks, including their Parks & Recreation Department 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 or 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 whatsoever 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 whatsoever, foreseen or unforeseen, known or unknown.

In the event of an illness, injury or medical emergency arising during the event, I hereby authorize and give my consent to any R-BAR Staff member or volunteer to secure from any accredited hospital, clinic and/or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment, and hospitalization.

By registering and attending the Event, I agree to follow the venue's applicable restrictions and policies.

I am granting permission to all parties involved with the race 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:**

Signature \_\_\_\_\_ (if under 18, legal guardian must sign)

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

**Please send signed liability waiver to your team captain if you are a part of a team.**