



We are a club devoted to physical fitness, athletic competition, health and fellowship.

Reading, Pennsylvania

FROM THE PRESIDENT

Good afternoon Pacers,

I have to apologize for not having more events in the last couple months. I have been caught up in trying to get as much updated for the club as I can before I move on. I will try to get some events going in the next couple months. On that note, we do have the Blues Cruise coming up. That is always a great opportunity to volunteer and meet your fellow Pacers. Soon after that race we have the Oley Valley run. This race is run by Lenny and Barry who have been doing it for quite a while and promise some changes this year that should be exciting.

As fall comes and more festivals and parties are thrown, I have been asked by a few people why they were not invited to events posted on the Pacer facebook page. I would like to explain this. The club has a few different types of events. First, we have weekly organized group runs every Wednesday night. We also have club-organized races where anyone can volunteer or run. These are great places to meet other members, especially if you cannot make the Wednesday night runs or have a hard time talking to people. We also have the club's organized social events like the bonfire, Christmas party, and upcoming rock climbing night that are open to members and their guests. Another type of event that you may see posted on the Pacers' facebook discussion group, by folks other than the club itself, are what I will call "open events." These types of events may include other social events, non-Pacer races, the Runners World shoe drop, and efforts by individual members to organize group runs on other days of the week, such as the fall runs that Dave G. runs at the Wyomissing Quarry. These are not really official Pacer events but run by Pacers and may get some help from the club.

Then there are club members' private events that members run, where they usually invite friends to a bike ride or a party or picnic. These are private events that may get big and pictures are posted by individual members, but they are still private events. Don't feel slighted if you are not invited to one of these events. You can only invite so many people to any house party. My advice is to get more involved with the club, make friends, and maybe even have your own event or do a Wednesday night hosting. In this way you get to have a good time and may get invited to the next member party.

In ending, get involved; the elections are coming up and we need members to "run" for all the open seats!

Thanks,
Larry Drogo



October 2018 UPCOMING EVENTS

10/7/18 Sunday	Blues Cruise 50K , 8:30am Blue Marsh Lake - Day Use Area Volunteers Needed!
10/11/18 Thursday	Monthly Membership Meeting 7:00pm, Blind Hartman's Tavern 2910 Pricetown Road, Reading
10/19/18 Friday	Social Event: Rock Climbing Night 6:00pm - 9:00pm, Reading Rocks 550 George St., Reading
10/20/18 Saturday	Jr Hi Cross Country Invitational 9:00am - Reading Fairground Volunteers Needed!

GROUP RUNS

Start Time: 6:15pm Wednesday

October 3, 2018

Run & Eat: Jason Bailey's home (Roads)
117 Hill Road, Blandon

October 10, 2018

Run & Eat: Ken & Jenn Seale's home (Blue Marsh trails)
23 Par Lane, Bernville

October 17, 2018

Run & Eat: Dan Smith's home (Roads)
21 Spring Meadow Drive, Reading (Exeter)

October 24, 2018

Run: Wyomissing Quarry Soccer Fields
Route 724 @ Museum Rd (behind WaWa)
Eat: Paolo's Restaurant & Bar
2480 Lancaster Pike, Reading

October 31, 2018

Run: Brentwood Parking Area (Road/Trail)
Morgantown Rd (Rte 10), Reading
Eat: Mimmo's Restaurant
290 Morgantown Road, Reading

RACE RESULTS

Email Results to Race Results Coordinator Karen Rule at raceresults@pagodapacers.com

Bird in Hand Half Marathon

Aaron Kreider	2:13:03
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Team Holly 5K

Aaron Kreider	26:57	3rd M40-49
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KTA Trail Challenge 25K

29	Jill Roper	2:55:49	2nd Female
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KTA Trail Challenge 40K

23/172	Diane Grim	4:50:52	4th Female
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Boulder Field 100K

2/23	Cody Harris	10:43:01	2nd Overall
18	Lori Johnson	14:29:34	

Boulder Field 50K

15/152	Rhoda Smoker	5:18:06	2nd Female
102	Jenn Guigley	7:51:37	
138	Barbara Raifsnider	9:16:31	

Boulder Field 18 Miler

7/124	Steve Maguire	2:32:50	1st M50-59
11	Ruth Machamer	2:43:41	2nd Female
41	Jane Setley	3:40:18	1st F50-59
58	Sandie Kincaid	4:10:43	
60	Donna Hey	4:11:13	2nd F50-59

Third Thirsty Thursday 5k - September

5	Steve Koch	18:49	1st M50-59
8	Brock Kline	19:33	3rd M30-39
10	Jon Durand	19:39	4th M30-39
12	Michele Gallen	20:12	1st Female
37	Claude Mervine	24:14	
46	Brett Kline	25:06	
53	Aaron Kreider	26:28	
71	Janine Beidler	28:21	4th F40-49
76	Larry Drogo	28:53	
77	Julia Hager	28:57	
78	Blair Hogg	28:58	
79	Joanne Patti	29:02	
86	Barbara Raifsnider	29:45	2nd F50-59
87	Sarah Kline	29:46	
112	Aly Costello	33:29	
120	Phil Presby	35:38	
122	Catherine Durand	36:00	
131	Charlie Crowell	37:30	
134	Helene Horn	38:25	3rd F Master CL
145	Judy Anttonen	49:44	1st F68+
146	Nora Haefele	56:25	

West Wyomissing Chapel 5K

2/26	Beth Auman	22:02	1st Female
5	Tom Kohl	26:32	1st M40-49

Tully TU Eco 5K

1/99	Beth Auman	22:27	1st Overall
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SUNDAY, OCTOBER 14, 2018



Half Marathon • 5K • 1 Mile Run
COME RUN WITH US!

To register, view course maps, or to find hotel and parking information, visit www.RHroadrun.com.

ROAD RUN PACERS-ONLY \$5-OFF
DISCOUNT CODE: PACERS18

TOWER SPONSOR:



All proceeds benefit programs funded by The Friends of Reading Hospital including HeartSAFE Berks County.

RACE RESULTS, CONT'D

Labor Pains

1/400	Jimmy Blandford	70 miles	11:28:42	Top Male
14	Brooke Schell	55	11:39:45	1st F Master
15	James Cramer	55	11:40:29	1st M50-59
17	Rhoda Smoker	50	9:57:20	2nd F30-39
20	Don Mengel	50	10:32:25	1st M60-69
26	Steve Vida	50	11:03:51	
34	Gary Long	50	11:30:50	2nd M50-59
35	Michael Reinhart	50	11:40:48	
63	Andrew Styer	40	8:26:42	
69	Mike Ranck	40	9:27:42	2nd M60-69
85	Katie Frederick	40	10:26:15	
87	Brandon Beane	40	10:26:15	
94	Tom Chobot	40	10:49:59	3rd M60-69
105	Brock Kline	40	11:24:39	
112	Dale Wiest	35	6:46:04	
142	Brett Kline	35	10:17:37	
148	Barbara Raifsnider	35	10:53:20	
180	Kelly Frances Murdock	31	6:54:59	
225	Julianne Kern	31	8:52:37	
241	Sarah Kline	31	9:28:49	
242	Tania Salaneck	31	9:28:51	
251	Lisa Domeshek	31	10:09:16	
265	Julia Hager	31	11:01:14	
266	Michelle Henry	31	11:01:15	
267	Kim Kohl	31	11:01:23	
284	Jim Demsko	26.2	6:42:46	
287	Caroline Hill	26.2	7:05:09	
296	Laura Yoder	26.2	7:35:50	
299	Janine Beidler	26.2	7:48:57	
300	Joanne Patti	26.2	7:48:58	1st F60-69
311	Kristen Rothenberger	26.2	8:53:00	
391	Helene Horn	10	3:10:03	
393	Lynne Reddington	10	3:33:14	

 * **SAVE THE DATE** *
 * 11/3/18 - Fall Bonfire *
 * 11/11/18 - Oley Valley Country Classic *
 * 12/7/18 - Christmas Party *
 * 12/9/18 - Shiver by the River #1 *
 * 12/30/18 - Kris Kringle Run 5 Mile *

COME JOIN US AS WE REACH NEW HEIGHTS!

What: **Pagoda Pacers' Rock Climbing Night**

When: **Friday, October 19, 2018**
6:00pm - 9:00pm

Where: Reading Rocks Indoor Climbing Gym
550 George Street, Reading, PA 19605

Who: All Pacers and their families

Cost: \$5 per person

Includes:

3 hours of indoor rock climbing
Harness rental

Group instruction on belaying (rope management)
Pizza and soda provided by club



Pagoda Pacers Scholarships! Application Deadline: February 28, 2019

The Pagoda Pacers award four outstanding High School Seniors each with a \$750 scholarship for their continuing education. Students are recognized for their participation and achievements in athletics, academics and community service.

Two scholarships are open to all high school seniors whose **parents are current members** in good standing for at least one year of the Pagoda Pacers.



Two scholarships are open to all high school seniors who participated on a **Berks County high school cross country team**.

Scholarship Application and additional details are online at:

www.pagodapacers.com/Scholarships/About.aspx

GENERAL MEETING MINUTES

Date: September 13, 2018

Time: 7:00 p.m.

Location: Blind Hartman's Tavern

Speaker introduction: Berks County Detective Pamela Mathias - an officer and specialist in the fraud department - spoke on how to protect our non-profit from fraud or embezzlement. She discussed and passed around past cases of fraud in the area counties. She gave us several tips on how to select board members that are right for the organization, and how to avoid possible financial exploitation by unscrupulous individuals. Det. Mathias looked at the Pacers Facebook page and web site:

- Suggestion for web—put a lock on, so that no one can duplicate our site
- FB page—make sure password is changed frequently, and limit people who have access.
- Passed out a guidebook of rights and resources consumers' guide

Treasury Report: Shaun Luther: 89% of target—not unusual for this time of year, not a lot income coming in, but expenses being paid

- Started requirement that checks over \$3000 require two signatures.
- The Pacer bank statement will go to a second person (Sue Jackson), and working towards getting an on-line statement with access to Sue Jackson and Shaun

Races:

Charlie Horse - Shaun Luther, a course now for a 5K, goal to get up on UltraSignUp this month.

Grings Mill - Caroline Hill: new location was a nice change, may stay there. Looks like there may be a profit this year.



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Tamara Peffer | 610.223.1826 | FB@VirtuteVanguards
PefferEmpower@gmail.com | www.mvdamselpro.net/VirtuteVanguards

Only gave one runner refund needed. Jane Setley will be joining the planning team. Per Laura Yoder, the raffle prizes went very well. Kim Kohl, a sponsor, paid for pizza on the day.

Blues Cruise 50K - Mike Yoder: 320 entries so far, hoping for 400 entries. Some competition from other races on this day. Finish deadline is 8 hours, 59 minutes. Will post dead-line times at aid stations. Need a Blues Brothers station captain. Will mark trails Saturday at 3 p.m., need about 10 people. Stephan posted a discount code for Pacers.

Oley Valley Country Classic - Barry Goodheart: Nov 11, only 35 applications so far. Broke the age groups into 5 year increments, and added a 75 and older group. Non-cotton shirts this year. Will try a beta test of accepting credit cards through PayPal. Nominal service charge will apply.

Kris Kringle - Polly Corvaia: Dec 30, running the course counter clockwise this year. Have 3 entries so far. Mailing will go out in October. Hoodies, of course.



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WELCOME NEW PACER MEMBERS!

Amy Good
Stephen Otto
Ryan Hottenstein
Michael Vind

MEETING MINUTES, CONT'D

Shiver by the River - Sue Jackson, changing end of course. May change course to go left at the 4-way stop before the bridge. Still in discussion.

Jr. High Cross Country - Tom Chobot: Oct 20 at Fairgrounds. About 220 kids, 2 miles, 12- and 13-year olds compete.

Committee Reports

Social Committee:

- Christmas Party, Dec 7, Grill Fire Company. Looking for raffle table donations.
- Bonfire, Nov 3, start 6 to 7 o'clock. No beer challenge this year, otherwise you know the drill, bring a covered dish to share.

Communications Committee

EBlasts—Jane is batch scheduling the information to go out weekly.

Community Service

- Reading Hospital Race—Beth Auman, Sunday, October 14. Would request a water stop for the Pacers sponsor. Runners are welcome. Over 200 signed up for 5K and half combined.

Membership:

- Dave Gallen—About 538 members, up again.

Scholarship:

- Beth Auman—Will get applications out

Old business

- Quartermaster position—Mike Whalen brought a new idea about this position. He envisions a mobile shed, and brought a mockup of a trailer with moveable carts. Priced out at Tractor Supply, about \$6300. Current shed is \$1500 per year, so would pay for itself in a few years. Also, a trailer-shed could have sponsors logo and our logo on it to help with branding. Next step—think about the details of doing this; get quotes for everything, and go to board of directors for further consideration

New business

- Charlie—numbers of races going down; for



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Mud Fest suggests a duathlon or biathlon, running and shooting or running and Kayaking—18 miles, run 6 miles, kayak, run or bike again. (Charlie has a great time kayaking with the water release from Blue Marsh.)

- Dave Gallen, will start the Tuesday night runs again after daylight savings, at 6 p.m., starts at Gallen Insurance in Shillington and runs through the Wyomissing Park, about 45 minutes to an hour
- Mike Whalen—quartermaster trailer suggestion (see above).

Elections: President and 5 board of director positions are up for regular 2-year terms. Give Larry a signed conflict of interest form in order to have your name in the race. The forms are on the web site.

Next board of directors meeting—in October



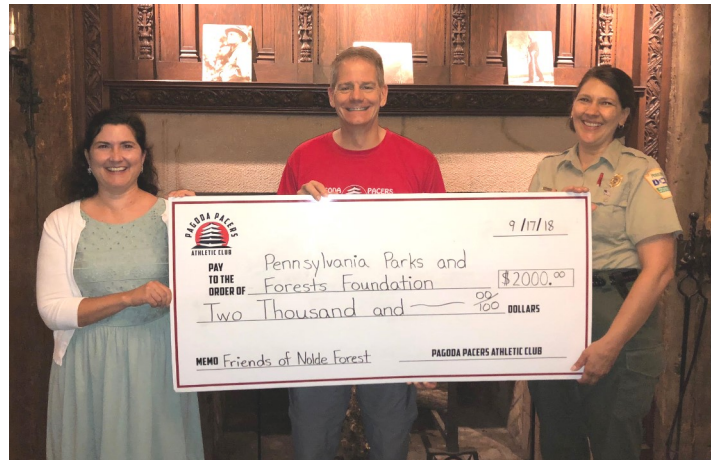
PACERS GIVING BACK IN BERKS

We want to highlight on a monthly basis the good deeds that the club is doing, through the efforts of its members, in our local community. Please share any content you feel should be included by emailing editor@pagodapacers.com.



- ♥ The Pagoda Pacers presented a check to the Friends of Nolde Forest to help maintain the trails, facilities, and environmental education programs in Nolde Forest. The funding for the check comes from the majority of the proceeds from the Run For The Ages 10k Trail Race. Huge Thank You to the race's sponsors, runners, and volunteers who make this event so successful each year!

Next year will be the 10th Anniversary of the Run For The Ages and the race directors are looking into special swag to commemorate the milestone. Tentative race date is Sunday, June 23, 2019 at 8:30. Mark your calendars and get the word out!



Pictured are Jen Stinson, Friends of Nolde Forest President, Ted Andrus, Run For The Ages Race Director, and Lisa Miller, Nolde Forest Park Director.



CALLING ALL RUNNERS, VOLUNTEERS AND SPECTATORS.

**The Pagoda Pacers' annual KRIS KRINGLE 5 MILE RUN is Sunday December 30th and we hope to see you there!
Save \$\$ if you register by November 30th.**

HOODIES are back and so is the chance to win a pair of SOUTHWEST AIRLINE TICKETS. Hoodies guaranteed to the first 500 runners and ALL RUNNERS are entered in the airline ticket raffle; must be present to win.

Entry Fee is \$30 Adults, \$15 ages 18 and under if received by November 30th. Afterwards and on race day: \$35 adult, \$20 student. Proceeds benefit high school runners through the Berks County Cross Country Coaches Association, and also provide for college scholarships, free running shoes to students in need, and the sponsorship of the Junior High Cross Country Invitational Race.



Race starts at 11:00 AM and registration opens at 9:30 in the 4-H building at the Berks County Agricultural Center, 1238 County Welfare Road, Leesport, PA 19533. The course is scenic country roads, a short portion on the Union Canal Path next to a trout stream and on the prettiest trail section of Blue Marsh Lake. We are running in the clockwise direction up Hilltop Road at the race start.

Volunteers please arrive by 9:00 and thank you for helping out. On-line and hard copy registrations available on PAGODAPACERS.com and PRETZELCITYSPORTS.com.

RUNNER PROFILE: CAROLINE HILL “Mixing It Up”

by Matt Brophy

Originally from Pottsville, PA (though she’s never taken the Yuengling tour), Caroline Hill is the owner of Van Scoy Jewelers in Wyomissing, and she lives in Wernersville, not far from Cushion Peak. She is close with both her family and her Pacer friends: “I’m blessed to have a cluster of wonderful people in my life,” she told me.

Long before she got into running, horseback riding was her number one passion. “I used to ride five days a week,” she said, and she also competed in show jumping events. She still goes out for a trail ride once in awhile, but most of her rides now are on bikes: both mountain and road.

A little over a decade ago, Hill began to mix running in with her riding. She credits Patti Page with motivating her to branch out in this direction. The two competed together in the “Weekend Warrior” race, a relay which involved biking, running, and swimming. It was Hill’s first race of any kind, and her team came in first place in their division. She remembers the excitement, but also that she “felt like dying” after exerting maximal effort.



Hill running one of her relay legs at Ragnar Pennsylvania in June 2017

Not that Hill didn’t have stretches when she found herself running and running and running. Like many of the Pacers, she caught the ultra-bug for awhile. The HAT 50k in Maryland was her first, and then she moved on to Mountain Mist, with its epic bus ride down to Alabama. The year Hill turned 50 was the year she decided to run 50 miles, which she did at the Bull Run Run in Virginia.

Other memorable events that Hill looks back on fondly in-

clude “adventure races” such as “Wildlands” and the “Cushion Peak Race” which combined running, biking, and other fitness challenges. She also enjoyed running the nighttime Pretzel City races—one of which she remembers racing during a thunderstorm!

Back in those days, she recalls, her primary goal was to run as much as she could. Up to 50 miles, she wanted to try every race distance. As the miles accumulated, however, she struggled with injuries, especially to her feet. Now, with her more balanced approach, running remains an important part of her life, though she’s not as obsessed with mileage as she once was. “Now I run to be with the people I care about,” she said.

She also loves being on the “other side” at races as a volunteer. Blues Cruise was always one of her favorite races because she loved seeing friends all throughout the course. But she found it’s just as fun to be the friend and supporter, giving runners whatever food, drink, or encouragement they need as they come into the Oktoberfest-themed aid station.

Moving forward, Hill would like to get back in the gym more regularly and focus on strength training and building muscle.

When it comes to being a Pacer, Hill most enjoys the club’s social events. Without the club, she doubts she would see her friends as much as she does. The club brings us together as runners and athletes, she said, but then those friendships extend far beyond running, and we find ourselves doing all sorts of other activities together.



Hill and fellow Pacer, Jenn Seale

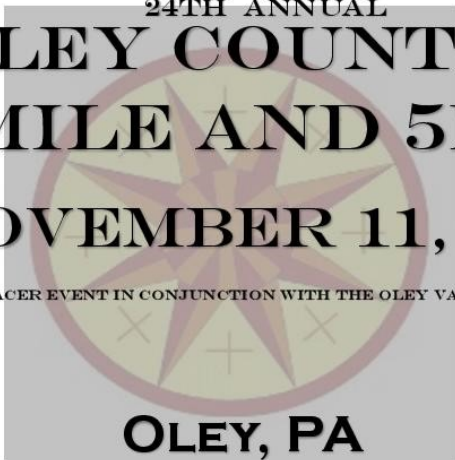
Hill has also enjoyed taking on her duties as co-director (along with Laura Yoder) of the Gring’s Mill Race, despite the stress of this year’s last-minute postponement. She vividly described driving to pick up the bagels on the morning of the race, and how struck she was by the beauty of the sunrise. Then, fifteen minutes away from the park, she received the call from the ranger: excess water had been released from Blue Marsh Lake, and her race course was completely flooded. She quickly went into “crisis management mode,” calling the pizzeria that had opened early to begin cooking their massive 40-pizza order. (Luckily they were only 7 pizzas in.) Eventually everything worked out. The Berks County park system worked with her to find a new date and new venue, and they also brought in new crushed stone to restore the trail. The Gring’s Mill Race (Red Bridge edition) ended up a big success, and Hill is proud that, along with Laura and all the volunteers, she could help make it happen.

One surprising point to end on: Hill, who comes across in conversation as remarkably warm and friendly, considers herself to be “kind of shy” by nature. She credits the club with helping her come “out of her shell,” and leave behind the days of running always by herself. That’s good news for her and great news for us. I can’t imagine more pleasant company on the roads or the trails.

24TH ANNUAL
OLEY VALLEY COUNTRY CLASSIC
10 MILE AND 5K RUN

NOVEMBER 11, 2018

A PAGODA PACER EVENT IN CONJUNCTION WITH THE OLEY VALLEY YOUTH LEAGUE



THE WHAT: The Pagoda Pacers are hosting **The 24th running of The Oley Valley Country Classic 10 Mile and 5 K runs**, its one of the areas prettiest road races through Oley Valley Farm Country. Both courses have rolling country roads and provide breathtaking country scenery as the leaves change color for the Fall season. An all abilities race for runners, walkers (5k only) and wheelchairs. No pets on course please. This year's 10 Mile event also is the RRCA Eastern Regional championship.

THE WHERE and WHEN:

Sunday November 11, 9:00 AM
 Oley Valley Youth League Fields
446 Bertolet Mill Rd. Oley PA 19547
Check-in and Day of Registration: 7:30 AM—8:50 AM
 10 Mile begins at 9 :00 AM, 5K begins at 9:15 AM
 Pre-Register to guarantee your shirt and finisher item.
 ONLY pre registered runners guaranteed

f Race updates!! Follow us on Facebook: Oley Valley Country Classic 10 Mile and 5K Run OR www.pagodapacers.com

WHAT YOU PAY AND WHAT YOU GET: Pre-Registering by October 30 guarantees a LONG SLEEVE COTTON T with this years unique Amish Hex Design AND a surprise finisher award!
FEE: \$25 if postmarked by **Oct 29**, After Oct 29 AND day of race, \$30 while shirts last, \$25 without shirt. No refunds, no mailed shirts or mailed awards. Held rain or shine. *Proceeds help benefit the Oley Valley Youth League programs and Pagoda Pacer Scholarship Fund for high school cross country athletes and associated health and fitness activities supported by the Pagoda Pacers.*

DOOR PRIZES GALORE!! Tons of door prizes for all participants ...randomly selected during the race. **Finish the run and see what else you have won!**
CASH PRIZE: Break the Course record in either the 10 M or 5K race and **Gallen Insurance** will give you \$150 CASH!!
All PRE Registered runners will be eligible for a DRAWING for one free pair of sneakers from Sneaker Villa!!
COURSE RECORDS: 10M: M- Floyd Mayne 52:36 (2008) F-Lisa Galvin 59:42 (2000)
 5K: M-Wesley Bonilla 15:34 (2008) F-Maria Winters19:11 (2011)

COURSE: Flat, and fast with some rolling country roads through beautiful Oley farm land. Split times provided at every mile, Aid stations on both courses. Starts and finishes at the Oley Youth League fields. See www.pagodapacer.com for course map.

AWARDS: Handmade awards by local glass works artist Maggie Gallen! They are beautiful and you want to win one!
 Over 160 handmade awards! Five year age groups in BOTH races!

Online Registration available on www.pretzelcitysports.com
 (Closes at midnight, Wed, of race week . Small processing fee applies)
MAIL CHECK PAYABLE TO "Pagoda Pacers A.C." & FORM BELOW TO: OLEY RUN, 112 W. 36th St, Reading, PA 19606.
 (Please sign waiver on back)

Last Name _____ First Name _____
 Street Address _____
 City _____ State _____ Zip _____ Sex: M F Race Day Age _____
 Date of Birth ___/___/___ Tel: (____) _____ A.M. / P.M Circle Distance: 10M 5K
 SHIRT SIZE: S M L XL E-mail _____@_____

Questions/Comments about race? Call one of the RACE DIRECTORS: LEN BURTON: 410-340-0589 leonardeburton@gmail.com

BARRY GOODHART: 484-824-5588 barrygoodhart@gmail.com



Like us on facebook <https://www.facebook.com/OleyValleyCountryClassic10MileAnd5kRun/>
Website: <http://www.pagodapacers.com/Races-Results/Races/Oley-Valley-Country-Classic.aspx>

FIVE YEAR AGE GROUPS FOR BOTH RUNS

10 Mile Awards: 1st M/F and Masters (40 yrs and over) M/F 19 & under: 2M, 2F 20-24: 3M, 3F 25-29: 3M, 3F 30-34: 4M, 4F 35-39: 4M, 4F 40-44: 4M, 4F 45-49: 4M, 4F 50-54: 3M, 3F 55-59: 3M, 3F 60-64: 3M, 3F, 65-69: 2M, 2F, 70-74 2M, 2F, 75 over 1M, 1F

****RRCA Championship Age Group Awards** for Top Overall Male/Female, 40 –49 yrs M/F, 50-59 M/F, 60+ M/F**

****\$150 CASH PRIZE** from Gallen Insurance for breaking course record for 1ST Male & 1ST Female in the 10 Mile event!

5K Awards: 1ST M/F and Masters (40 years and over) M/F 15 & under: 3M, 3F 16-19: 3M, 3F 20-24: 3M 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-40: 3M 3F 40-44: 3M, 3F 45-49: 3M, 3F 50-54: 3M 3F 55-59: 3M, 3F 60-64: 2M 2F, 65-69: 2M, 2F, 70-74: 2M, 2F 75 over 2M, 2F
(5K awards presented immediately after results tallied)

We thank all the runners who have participated in past races and encourage you to bring your friends this year! Great place to set a “best time” or in place of your Sunday “long run.” The course is all on paved roads with little traffic; volunteers, hydration aid stations, and most intersections manned. Always looking for good feedback or ideas on how to make this the best event for you ...Email us or **Like us on facebook** <https://www.facebook.com/OleyValleyCountryClassic10MileAnd5kRun/> Race day sign up available and shirts while supplies last. Instant results during race and posted on www.pagodapacers.com within 2 days.
5K course great for all abilities...Timing provided by Pretzel City Sports



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****** Proceeds benefit the Oley Valley Youth League programs and Pagoda Pacer Scholarship Fund for high school cross country athletes and associated health and fitness activities supported by the Pagoda Pacers. ******

A PAGODA PACERS ATHLETIC CLUB EVENT

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 and 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 the Pagoda Pacers A.C., the Oley Valley Youth League, 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).By entering the race, I am granting permission to the Pagoda Pacers to use any pictures or likenesses of me secured at the event in any way they seem fit without my review, restriction or compensation. 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:

Signature _____ Date _____/2018

FITZY'S HALLOWEEN 5K

Sunday, Oct. 28th, 10:00 a.m. Stone House Park, Wyomissing

- Our 14th 5K Run/Walk & .3 Mile Kid's Fun Run!
- Supervised kid's area - run worry free!
- Silent auction, entertainment, health fair
- Costume contest (kid's & adult)
- Our fabulous buffet lunch!
- Proceeds benefit local students and families!

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Register at www.laurensfoundation.org or at **FLEET FEET, West Rdg!**

PAGODA PACERS ATHLETIC CLUB

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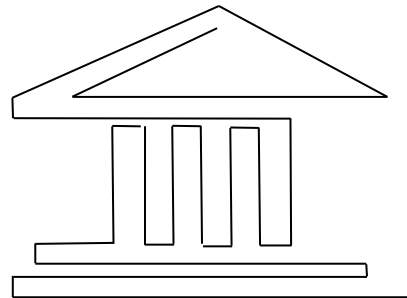
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