



The Pagoda Pacers – Reading, PA Presents the 44th Annual

GRING'S MILL RUN

5K & 10K Races & 1/2 Mile Kids Run

Sunday, August 7th, 2022 9:00 AM

"Pennsylvania's Prettiest Race"

RACE DETAILS: Berks County Heritage Center, 1102 Red Bridge Road Reading, PA 19605. Bib pickup opens at 7:30 AM. 5k/10k starts at 9:00 AM, Kids Run approximately 10:15 AM. **Chip timed**, clock at finish, goody bag, and pre-packaged snacks. Finish next to historic red covered bridge.

COURSE: A 99% flat and VERY scenic course!!! **BONUS:** no need to decide which event you want to do now. Make your decision race day when you know better how hot it is and how fit you are! This is a PR crusher.

ENTRY: 5k/10k: \$30 registration if post marked by 7/22/22, includes short sleeve tech shirt (unisex and female cut options available). Afterwards, including race day \$35 while shirts last, \$30 when gone. **GREAT DOOR PRIZES**, 2 free entrée tickets per runner, more available for purchase. Bring cash.

REGISTRATION: Online and mail-in registration permitted. Same day registration will be available. Register online at www.pretzelcitysports.com (Nominal service fee applies, closes midnight 8/3/2022)

KIDS RUN (10 and under): \$7.00 up to and included race day. Race day registration for kids run to be CLOSED once we have as many entries as we have grab bags so pre-register if possible. Please Note: Kids participating in either the 5k or 10k & kids run must enter separately for each race.

AWARDS: 5K/10K for each race: Top 2 M and F overall, Top 2 M and F: 14 & under, 15-19, Top 3 M and F: 20-29, 30-39, 40-49, 50-59, 60-69, 70+, and award for oldest finisher | ½ Mile Kids Run: goodie bag for all finishers

Complete form below, and sign waiver on back. Please make checks payable to "Pagoda Pacers A.C."

PRINT CLEARLY **APP MAY BE COPIED **

Mail to: Gring's Mill 5k/10k: c/o Jason Karpinski 4 Magnolia Ct. Douglassville, PA 19518

First Name: _____ Last Name: _____

Street Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Sex: M F Date of Birth: ____/____/____

Race Day Age: _____ (if under 18, parent or guardian must be present at race)

Select Event (Circle One): 5k/10k Kids Run

Emergency Contact Phone Number: (_____) - _____ - _____

<p>T-shirt Size (Circle One)</p> <p>Male: S M L XL XXL</p> <p>Female: XS S M L XL</p>
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Are you a Berks County Cross Country Runner? YES/NO School: _____

COVID PRECAUTIONS: *The Pagoda Pacers are committed to providing you with a safe race environment. Please know we are keeping a close eye on all event recommendations from our state & local health guidelines, as well as the CDC. Recommendations/requirements will be communicated through email.*

OTHER IMPORTANT INFORMATION:

- No pets or alcoholic beverages are allowed in the Berks County Parks System.
- Event held rain or shine but if extreme weather is predicted, please visit the Pagoda Pacer website, Facebook page and check your email for more details.
- Race will start promptly so please arrive early; we do reserve the right to delay start in the case of lightning.
- Computerized results on www.pagodapacers.com within 1-2 days after event.

DIRECTIONS:

From Philadelphia & South/East: Rt. 422 w to Reading, Follow signs for 222N (Allentown) exit at Rt. 183. Turn right towards airport (183 S) continue through traffic light. Turn at the next right onto Red Bridge Rd.

From Allentown & North: Rt. 22/78 W towards Harrisburg to Strausstown exit (Rt 183). Follow 183 S past Blue Marsh Lake. Continue straight through the Rt. 222 intersection and turn right at the auto repair shop onto Red Bridge Rd.

From Lancaster/York: Rt. 222N (Reading/Allentown). Follow Rt. 222 N-Allentown. Exit at Rt. 183 S. Turn right towards Reading Airport. Continue through traffic light. Turn at the next right onto Red Bridge Rd.

From PA Turnpike – East or West: Take Morgantown Exit (exit 298) to Rt. I-176 N. Follow Rt. 422 W. to 222 N (Allentown). Exit at Rt. 183. Turn right towards Reading Airport – Route 183 S, continue through traffic light. Turn at the next right, onto Red Bridge Road.

A PAGODA PACER A.C. EVENT

Timing Provided by Pretzel City Sports

Insurance Provided by Road Runners Club of America

QUESTIONS? Contact Race Director: Jason Karpinski 484-256-9909, or email gringsmilldirector@pagodapacers.com

WAIVER: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. 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, getting lost, wildlife & insect attacks and 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, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, 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 whatsoever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pagoda Pacers A.C. to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature: _____ . Signature Date: ____ / ____ /2022
(must be signed by parent if under 18) *Insurance provided by Road Runner Clubs of America*