

THE PAGODA PACERS A. C. PRESENTS THE UNIQUELY DIFFERENT
10th Anniversary

“RUN FOR THE AGES”

Age-Graded 10K Trail Race
(START TIME STAGGERED BY AGE GROUP)

Sunday June 23, 2019 8:30AM
Beautiful NOLDE FOREST near Reading, PA

(Majority of proceeds go to the Friends of Nolde Forest, a non-profit group helping to maintain Nolde Forest)

"where anybody might win the race!"

Come out for the tenth annual running of one of very few trail races on the east coast with an age graded start. Top age group performers have a legitimate shot at the overall title. Even if you aren't out to win, the race is run on challenging yet very runnable trails in beautiful Nolde Forest, has great swag and virtually no bottle necks. Challenge your families, friends and coworkers to come out and compete on a "level" playing field. Hey ringers: Here's a chance to show off a little by passing the whole pack! The top 10 overall finishers in recent years have a good mix men and women in many different age groups.

Not up to running the full 10K? Please contact a race director before race day if you wish to walk the course. You will start early and not be eligible for age group awards, but are eligible for all postrace food and raffle prizes.

What's an age graded start? Those who have more than a few grey hairs or have yet to hit puberty will get a head start based on age and gender. Typically the oldest female wave starts first. Then the next wave will start, based on 5 year age groups, working back toward the younger (faster?) folks. Wave starts bounce back and forth between sexes, as the handicap derived from the World Masters Association dictates. The youngest runners also get a head start. The actual handicap for each age division is posted at www.PagodaPacers.com.

The 2019 Edition Includes

- 1) Huge post race raffle will include a pair of Southwest Airline tickets
- 2) New Age-Group - for you really oldsters
- 3) Special 10th Anniversary swag!

Complete form below, sign waiver on back, write check to "Pagoda Pacers A.C."

Mail to: Run For The Ages: Questions? Contact Race Directors: Ted Andrus Donna Hey
5 Glen Hollow Ct. Teds737@aol.com Donna.Hey@hotmail.com
Reading, PA 19607 610-763-7714

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ____/____/____ (if under 18, parent or guardian must be present at race)

Email _____

Emergency Contact _____ Phone Number _____

PRINT CLEARLY ** APP MAY BE COPIED ** SIGN WAIVER ON BACK

Just in case your race swag includes a shirt...

Shirt style: M F

Shirt size:
XS S M L XL 2XL
(no women's XS)

AWARDS: Specially made awards by **Nolde Forest Pottery to Top Ten overall** finishers regardless of sex or age plus fastest uncorrected time.

Medals to two fastest M and F in the following age groups:

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Gift Certificates from Chester County Running Store in Pottstown for overall top three \$50/\$30/\$20

Family Division for any group of 3 or more (you define family). Extra award to top Berks County XC runner.

REGISTRATION/ENTRY: Reg. opens at 7:00 a.m. We race at 8:30 AM. Fee is \$28 if postmarked by Saturday, June 8th, 2019. Afterwards, \$35 (inc. day of race) while swag bags last, \$30 when gone. **WARNING:** FEW extra swag items printed other than those ordered by prereg entries. We race in rain or other inclement weather. Race director reserves the right to delay the start of the race due to mega foul weather or other unforeseen circumstances. Check www.pagodapacers.com scroll bar for postponement info if weather is hurricane-like race day. No refunds, no mailed swag or awards; no whiners, no alcohol (Nolde Forest Rule). Bring Cash/Check; no ATM.

YOU GET: Great Swag: Tech runner's socks AND! Indoor registration, food at the finish, **HUGE post race raffle (Did we mention a pair of Southwest Airline Tickets!?!)**, two water stops, finish place posted immediately & results on www.pretzelcitysports.com then www.pagodapacers.com in 1-2 days. Other surprises not yet finalized.

COURSE: A wheel measured, well marked 10K course over the beautiful trails in Nolde forest. VERY pretty and scenic with less ankle busting rocks than most other Berk's parks. You'll scramble over some rocks and go off trail to get dirty, too. The race will start in front of the Environmental Education Building and head directly into the forest after minimal time on pavement. **Most trails are wide enough for easy passing.** The finish will be right near the start by the Nolde Mansion. A map of the course is on the Pagoda Pacer website and will be available before the race.

LOCATION: Race held in Nolde Forest, Cumru Township, Berks County, PA, just south of Reading PA. The race will start and end near the Nolde Mansion. **Note: Enter via Main Entrance, NOT the SawMill Parking Lot!!**

DIRECTIONS: 6 miles south of Reading, on PA Rt. 625 (New Holland Rd). 2 miles south of PA 724 and 3 miles North of PA 568. Address: Nolde Forest Environmental Education Center 2910 New Holland Rd Reading, PA 19607

PARKING: Parking near the mansion is extremely limited. **Please, please, please carpool and get there early!** We will have volunteers directing you where to park to use every available space. Please follow their directions.

IMPORTANT NOTES: The Pagoda Pacers strongly discourage the use of headphones during any race. Also, Parents: If your child is under 18 and wishes to run, you **MUST** be present for the duration of the race. You may also run (we encourage it!). In the unlikely event your child gets hurt, medical personnel can **ONLY** treat him/her with your permission.

Optional Online Registration Available on www.pretzelcitysports.com
(closes at midnight, Wed Jun 19, 2019, nominal service fee applies)

With A Start Like This, Your Grandmother May Beat You!

A PAGODA PACERS A.C. EVENT!

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 also know that there will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. 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, 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 what so ever, 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 _____ date ____ / ____ /2019

(must be signed by parent instead if under 18)

Insurance provided by Road Runner Clubs of America