

**THE PAGODA PACERS A.C.'S 30th ANNUAL
SHIVER BY THE RIVER
LEGENDARY 5K & 10K "NO FRILLS" WINTER RACE SERIES
Sunday(s) Dec. 8, 2019 and Jan. 12th, Feb. 9th & March 8th, 2020
10:00 A.M. start for all races. Registration opens at 8:30 A.M.**

Jim Dietrich Park, Muhlenberg Twp., Reading Pa.

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department

SPONSORED BY

Shillington Family Chiropractic Center , Shillington, Pa

Fleet Feet, West Reading, Pa

Kohl Pharmaceutical Research, LLC

Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races.

Popular winter race series that draws approx. 400 runners per month because of its friendliness, great price, devotion to running in almost any type of weather, indoor registration, a wheel measured course and a wonderful post-race buffet!!!

Both races start at same time and place; 10k runners do the loop twice. **ROAD OPEN TO TRAFFIC DURING RACE;**
Proceeds benefit Pagoda Pacer Scholarship Fund and health & fitness activities supported by the Pagoda Pacers.

Questions can be directed to shiverdirector@pagodapacers.com or Kelsey Jackson (484) 336-7683 or Sue Jackson (610)779-6556 or Georgine McCool 610-927-1606

AWARDS: Only to the male and female top 4 runners in each of the 5k and 10k. However, awards are given for the overall series, based on a cross-country type of scoring (the person finishing 15th will be earn 15 points). Lowest scores in each age group will receive the awards. Both distances will be counted toward one set of awards. To be eligible, a runner must complete a minimum of 3 races (best 3 finishes count).

Series Awards to: 3 Overall Males/Females; Male/Female Master; Male/Female Clydesdale; Male/Female Master Clydesdale; plus age groups: 14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+; and Clydesdale

Clydesdale: 2.2 lbs/vertical inch for women and 2.65 lbs/vertical inch for men.

ENTRY: Series registration includes great long sleeve, super soft cotton shirt. \$45 for series if postmarked by Nov. 18, 2019; afterwards, \$60 for series; \$25 per race on race day, while shirts last; \$20 on race day, no shirt. No pre-registration for individual races. No refunds. No mailing of awards.

This is not a Pretzel City Event; therefore, Pretzel City gift certificates will not be honored as payment.

Race Cancellation: If, and only if, the weather is mega-foul and predicted to get worse, the status of the race may be checked at www.pagodapacers.com and at the Pagoda Pacers Discussion Group Facebook page. Cancellation should also be listed on the scrolling bar on www.pretzelcitysports.com

Address: 4899 Stoudt's Ferry Bridge Rd. Reading PA 19605

Directed By the PAGODA PACERS A.C., www.pagodapacers.com Insured by Road Runners Club of America

Register online at www.pretzelcitysports.com

Or mail checks, payable to: PAGODA PACERS A.C., to Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508

Last Name _____ **First Name** _____ **Paid for Series? Yes / No**

Full Address _____

Email _____

Age as of March 8, 2020 race: _____ **Date of Birth** ___/___/___ **Sex:** M F **Clydesdale? Yes / No**
(this will be your age group for the entire series)

Shirt Size (unisex): S ___ M ___ L ___ XL ___ XXL ___

Emergency Contact Name & Phone# (race day use only) _____

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 winter hazards 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 effects 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., Muhlenberg Twp., 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). 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 grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races. I HAVE READ AND UNDERSTAND THIS WAIVER:(if under 18, legal guardian must sign) .

Signature _____ **date** ___/___/20___