

The Pagoda Pacers - Reading, PA Presents the 40th Annual

Grings Mill Run



5K & 10K Races

& 1/2 Mile Kids Run

Sunday, August 6th, 2017 9:00 A.M.

“Pennsylvania’s Prettiest Race”

LOCATION: Grings Mill Park (across from Penn State Berks), 2083 Tulpehocken Rd, Wyomissing, PA 19610. Registration/number pickup opens at 7:30 a.m. 5k/10k starts at 9:00 a.m., Kids Run approximately 10:15 a.m. Clock at finish, refreshments, mile splits, instant results and Live Band. Finish on historic spillway bridge.

COURSE: 99% flat & Zero Traffic; 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!
RRCA Pennsylvania State 10K Championship Race.

ENTRY: 5k/10k: \$25 if postmarked by Monday, July 17, 2017. Afterwards, including race day, \$30 while shirts last, \$22 when gone. **GREAT** Quality Shirts with no ads on the back. Finally a race shirt you’ll actually wear! No refunds or mailed awards.

KIDS RUN: \$5 if postmarked by Monday, July 17th. Afterwards, including day of race \$7. 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 for each race.

MAIL CHECK PAYABLE TO “Pagoda Pacers A.C.”

SEND CHECK & FORM BELOW TO: Caroline Hill 63 Preston Rd. Wernersville, PA 19565.

Race Directors: Caroline Hill: (484) 332-7468, Laura Mooney 484-433-8179 and Patti Page 315-256-5770
gringsmillrun@gmail.com

Last Name _____ First Name _____
Address _____ City _____ Select Event: 5k 10k Kids run
State ____ Zip _____ Sex: M ___ F ___ Race day age: _____ Date of birth ____/____/____
Unisex Shirt Size (check size): S ___ M ___ L ___ XL ___ XXL ___ Women’s Cut (check size): S ___ M ___ L ___ XL ___
Phone: (____) _____ A.M.? ___ PM? ___ Both? ___
Email Address: _____@_____

Please print clearly

Sign back of waiver

Application May be Duplicated

**AGE GROUPS: 5K: Top 2 Male and Female finishers plus: 14 & under: 3M, 3F 15-19: 3M, 3F
20-24: 3M, 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-39: 3M, 3F 40-44: 3M, 3F 45-49: 3M, 3F
50-54: 3M, 3F 55-59: 3M, 3F 60-64: 3M, 3F 65-69: 3M, 3F 70-89: 2M, 1F 90 & over: 1M**

**10K: Top 2 Male and Female Finishers plus: 14 & under: 3M, 3F 15-19: 3M, 3F
20-24: 3M, 3F 25-29: 3M, 3F 30-34: 3M, 3F 35-39: 3M, 3F 40-44: 3M, 3F 45-49: 3M, 3F
50-54: 3M, 3F 55-59: 3M, 3F 60-64: 3M, 3F 65 & over: 3M, 3F**

½ mile Kids Run for 12 year olds & under: Top Male & Female overall plus goodie bags to all finishers.

OTHER IMPORTANT INFORMATION:

- . No pets or alcoholic beverages are allowed in the Berks County Parks System.
- . Park contains picnic facilities, tennis, volleyball, playground, etc.
- . Event held rain or shine but if the weather gets mega-weird, please check the Pagoda Pacer website, facebook page and your email.
- . Races will start promptly so please arrive early; we do reserve the right to delay start if lightning.
- . Computerized results on www.pagodapacers.com within 1-2 days after event.

DIRECTIONS: On Rt. 222, northwest of Reading, take the Broadcasting Road exit. At the end of the exit, turn toward Penn State Berks but DO NOT enter the campus; stay on Broadcasting Rd. instead. When it ends at the creek, turn right onto Tulpehocken Rd. Go 300 yards to Park entrance on left.

From North (Allentown, Coal Region, etc.): You'll get to the exit on Rt 222 South before ever reaching Reading "proper".

From East (Pottstown, Phila, etc.) You'll pass Reading itself on Rt 422 before merging into Rt 222 north; exit is 1 mile further.

From West & Southwest (Lancaster, York, Lebanon) take Rt 222 north toward Allentown; exit is 1 mile past Berkshire Mall.

Timing Provided by Pretzel City Sports

Insurance Provided by Road Runners Club of America

*** On-line registration w/credit card available at www.pretzelcitysports.com *
(A nominal service fee applies – closes at midnight, the Wednesday of Race Week)**

A PAGODA PACER A.C. 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 could be traffic, hazards, poor footing and debris on the course and I assume the risks of running this event. I also assume any and all other risks associated with running or attending this race including but not limited to falls, contact with other participants, the affects of the weather, the conditions of the course, 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 Road Runners Club of America, The Pagoda Pacers A.C., The Berks County Parks and Recreation Department, Pretzel City Sports, the race committee, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf for 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. This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, known or unknown. Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pacer event, including races. By entering this 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 see fit with out my review, restriction, or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)**

Signature _____

Date ____/____/ 2017