



The PAGODA PACERS ATHLETIC CLUB Presents the 33rd Annual

SHIVER BY THE RIVER

LEGENDARY 5K & 10K "NO FRILLS" WINTER RACE SERIES

Sunday(s) Dec. 10, 2023 and Jan. 14th, Feb. 11th & March 10th, 2024

10:00 A.M. start for all races. Registration opens at 8:30 A.M.

Jim Dietrich Park, Muhlenberg Twp., Reading Pa.

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

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department

This is a 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 various post-reg snacks!!! We're starting a new tradition, alternating the direction of the course each year. In 2023-2024 we will run in reverse direction of previous years. 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.

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). If necessary, the 4th race will be used for a tie-breaker.

Series Awards will be presented at an awards ceremony, held after the March race.

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 FEES: Series registration with a sports towel, \$65 through 11/18/23; afterwards \$80
Series registration with no sports towel \$60 through 11/18/23; afterwards \$75
Individual race with a sports towel \$30; Individual race with no sports towel \$25.
No pre-registration for individual races. No refunds. No mailing of awards.

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. If there are non-weather related issues, causing us to cancel/postpone the race, we will use the above to relay that information, plus we will send an eblast to everyone who has provided an email on their registration.

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 Shiver By The River: c/o Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508



Questions can be directed to shiverdirector@pagodapacers.com or Sue Jackson 610-780-4588 or Georgine McCool 610-927-1606

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____

Email _____ @ _____ Paid for Series? Yes / No

Age as of March 10, 2024 race: _____ Date of Birth ____/____/____ Sex: M F Clydesdale? Yes / No
(this will be your age group for the entire series)

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 Pagoda Pacers A.C. to use any photographs, motion pictures, recordings or any other record of me secured at this event in any way they see fit without review, restriction or compensation. **Per RRCA insurance guidelines, the Pagoda Pacers strongly discourage the use of headphones during any Pagoda Pacer event, including training runs, and races.** BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign).

Signature _____ date ____/____/20____