

SUNDAY APRIL 21<sup>ST</sup>, 10 AM  
PSU Berks Campus-Reading, PA

# TULLY TU ECO 5K



## 5k Run/Walk & ½ Mile Kids Minnow Run

**A RACE TO SUPPORT:** Cold water conservation, Trout in the Classroom & stream restoration projects for the Schuylkill River Watershed.

- \$30 if postmarked by 3/22/2024 includes guaranteed T-Shirt
- TU Members \$28 - 5k
- 14 and under - 5k, \$15 (No T-shirts available)
- Kids Minnow Run FREE
- "Day of" registration (CASH or CHECK) is \$35 while shirts last, \$30 with no shirt.

**OPTIONAL ONLINE REGISTRATION AVAILABLE AT:** [www.PretzelCitySports.com/online-registration](http://www.PretzelCitySports.com/online-registration)  
(NOMINAL SERVICE FEE APPLIES, CLOSING AT MIDNIGHT ON 03/17/2024)

**LOCATION/REGISTRATION:** Penn State Berks Campus, Tulpehocken Road, Reading PA 19610. Registration at Perkins Event Lawn starting at 8:45 AM. The 5K Run/Walk begins at 10:00 AM, and the kids fun run at 10:10 AM.

**GENERAL DIRECTIONS FOR ALL:** Take Broadcasting Rd exit off Rt. 222, exit towards campus. From Broadcasting Rd turn right onto campus via Harper Rd (Left onto Harper if coming from Tulpehocken Rd.). Take Harper Rd to Lots G1 or G2. Festivities and check-in/registration will be held on the Perkins Event Lawn adjacent to parking lots.

**COURSE:** The course is a single loop track around campus. Beginning on a campus road, the mostly macadam trail does include an off pavement grass portion in mile three. The trail will be clearly marked with arrows and course volunteers directing runners. Water stations will also be included. The course is fairly level & could be a great opportunity for a new personal record!

**AMENITIES:** Refreshments for finishers, indoor toilet & facilities, loads of parking, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days.

**AWARDS:** Awards for FIRST THREE Male & Female runners overall, plus FIRST THREE Male and Female per age group -14 & Under: 15 - 19: 20 - 24: 25 - 29: 30 - 34: 35 - 39: 35 - 39: 40 - 44: 45 - 49: 50 - 54: 55 - 59: 60 - 64: 65 - 69: 70+  
(No kids race awards but grab bags for all Minnow Run finishers)

**MAIL CHECK PAYABLE TO** "Trout Unlimited, Tulpehocken Creek Chapter" & **FORM BELOW TO:** Brenda Bittinger  
16 Lyons Rd., Fleetwood, PA 19522.

**RACE DIRECTOR:** Brenda Bittinger, 610-704-4676, [b.bittinger@gmail.com](mailto:b.bittinger@gmail.com) (subject line TU 5K)

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Circle one: 5K 1/2Mile Sex: M F Race day age: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt Size (circle one): S M L XL please specify larger Phone: ( ) A.M. or P.M.??  
circle one or both

Email: (print clearly) \_\_\_\_\_

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 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 affects 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 Pretzel City Sports, Tulpehocken Chapter of Trout Unlimited any subcontractors it utilizes, all municipalities in which the race is held, 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 am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation.

I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature \_\_\_\_\_

date / / 2024