

SHIVER

BY THE

RIVER

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

Conducted in cooperation with the Muhlenberg Twp Parks and Recreation Department

11:00 A.M. Sunday(s) Dec. 13, 2009 and Jan. 10, Feb. 14 & March 14, 2010

11:00 A.M. start for both races. Registration opens at 9:30 A.M.

***** **NEW LOCATION:** *****

Jim Dietrich Park, Muhl Twp, Reading Pa.

Just minutes from the our previous location

SPONSORED BY

Shillington Family Chiropractor , Shillington, Pa

A Running Start, West Reading, Pa

Freedom Builders, Sinking Spring, Pa

LYNX Computer Technology , Reading, Pa

TELL ME ABOUT IT: Low key, no frills race that still draws approx. 400 runners per month because of its friendliness, great price, devotion to running in almost any type of weather and dedication to the premise that every post-race spread should include M&Ms. Not to mention the other goodies like, indoor registration, mile markers, time splits at most miles, a wheel measured course, instant results and a wonderful post race buffet of such things as hot soup and bagels. Race series shirts for sale day of race (while they last). See what conditions "other nuts like you" will show up to race "in". Both races start at same time and place; 10k runners do the loop twice. **ROAD OPEN TO TRAFFIC DURING RACE;** we control traffic as best we can but can't "close" the road. Most of race faces traffic but pay attention while running.

Make Checks PAYABLE TO: PAGODA PACERS A.C. MAIL CHECK AND RELEASE BELOW TO:

Sue Jackson 89 Kinsey Hill Rd. Birdsboro, Pa. 19508

PLEASE SCRIBBLE CLEARLY (pre-reg is only for series, sign up for an individual race the day of the race)

Last Name _____ First Name _____

Paid for Series? Yes / No

Street Address _____

Email _____

City _____ State _____ Zip _____

Pagoda Pacer Member? Yes / No

Age as of March 14, 2010 race: _____ Date of Birth ____/____/____ Sex: M F

Clydesdale? Yes / No

("get old early" special; this will be your age group for the entire series).

WAIVER ON BACK MUST BE SIGNED. APPLICATION MAY BE DUPLICATED.

Are you receiving Runner Update Emails, on a regular basis, from Ron Horn? Yes / No

AWARDS: Only to the male and female winners and 1st & 2nd runner-ups of each 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 RACES WILL BE COUNTED TOWARD ONE SET OF AWARDS. TO BE ELIGIBLE, A RUNNER MUST COMPLETE A MINIMUM OF 3 RACES. (best 3 finishes count). Vary the distances you run from race to race or do all the races at the same distance. Running when the weather is so bad that all others stay home increases your chance of a good finish position!!.

AWARDS TO: TOP 3 OVERALL MALES/FEMALES; TOP MALE/FEMALE MASTER; TOP MALE/FEMALE CLYDESDALE; PLUS:

15 & under: 4M,3F 16-19: 4M,3F 20-24: 3M,3F 25-29: 3M,3F 30-34:4M,3F 35-39: 4M,3F 40-44:5M,3F 45-49: 5M, 3F 50-54: 3M,3F 55-59: 3M,3F 60-69: 3M, 2F 70+: 1M, 1F Clydesdale: 3F, 4M

Note: number of age group winners may change based on entrants.

Clydesdale ... 2.2 lbs/vertical inch for women and 2.65 lbs/vertical inch for men. That means a 5'2" girl would be a Clydesdale at 136 lbs. and a 6' male would be a Clydesdale at 191 lbs.

You must enter as a Clydesdale at registration; otherwise your award category will be based on your age & sex.

ENTRY: \$20 for series if postmarked by Nov. 18, 2009; afterwards, \$30 for series ---\$11 per race on race day. 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 610-375-1903, mailbox#6 after 7:30 A.M the day of the race. (NOT the night before!) Cancellation should also be listed on the scrolling bar on www.pretzelcitysports.com

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

>>> Runners from the north and northeast, follow RT 222S to Rt 61S to Tuckerton Rd(about ½ m). Turn Right onto Tuckerton Rd.

>>>Runners from the south, follow RT 222N to RT 12E to RT 61N, continue approximately 2.5m to Tuckerton Rd. Turn Left onto Tuckerton Rd.

>>>Runners from the west, using the turnpike, exit at either 222N Reading, follow RT 222N to 12E to Rt 61N, continue approximately 2.5M to Tuckertown RD, turning Left onto Tukerton. Or exit at 176 Morgantown, follow RT 176N to 422W to 12E to RT 61N to Tuckerton Rd, turn Left.

>>>Runners from Phila, follow RT 422W to 12E to RT 61N, continue approximately 2.5M to Tuckerton Rd, turn Left.

Once on Tuckerton Rd, continue about 1.1M to Stoudt's Ferry Bridge Rd. Turn Right. Park is a short distance on the Left.

>>>Directions from the old start at Laurel Run Park – leave the park, turn right onto River Rd. At first stop sign, turn right onto Leisczs Bridge Rd. go about 0.2m and turn left onto Stoudts Ferry Bridge Rd, follow for about 1.8M to new park.

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

Sue Jackson (610)779-6556/Katie Exas (610)451-9060/Ellie Vanderbeck(610)929-0343

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 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 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 enetering this race, I am granting permission to all parties affiliated with the race 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 ___/___/20___