

15TH RUN 4 SAM

4 Mile Race & 2 Mile Walk

2023



Sunday August 20th • Gring's Mill Park • Berks Co.
Registration: 8 AM • Race: 9:30 • 2Mi.Walk: 9:45
Kids' Fun Run, (12 and under) at conclusion of race

Proceeds from this event support the operation and maintenance of the Union Canal Tow Path and significant projects in Gring's Mill Park. We award a scholarship each year as well as make donations to several local charities that provide vital services to our community.

For more information, check out our website @ www.run4sam.net Follow us on Facebook for race updates.

Course: Start at Gring's Mill, and run along the serene Tulpehocken Creek on the historic Union Canal towpath.

Winners: Top **OVERALL** Male/Female and top 3 males/females in each age group. **"Grab Bags"** for kids fun run racers

Entry Information

Runners - **\$25/person** (if postmarked by Aug. 4, 2023) - **\$30/person** if postmarked after Aug. 4, 2023 (including day of race)

Walkers - **\$14/person** (if postmarked by Aug. 4, 2023) - **\$18/person** if postmarked after Aug. 4, 2023 (including day of race)

Kids Fun-Run - **\$5/person** Run will take place at finish of 4 mile race

Runners & Walkers receive a T-shirt, while supply lasts, or can [opt-out](#) of the T shirt and have the funds go to the park.

Kids Fun Run Runners **DO NOT** receive T-shirts, or awards

OPTIONAL ONLINE REGISTRATION FOR THE ABOVE @ www.pretzelcitysports.com Deadline 8/16/23, nominal fee applies

All race results will be posted @ www.pretzelcitysports.com

***** WINNERS RECEIVE MEDALS IN ALL AGE CATEGORIES *****

18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over

e-mail your questions to: run4sam@comcast.net or phone: (610) 698-6165

Mail application, with check payable to: **RUN 4 SAM, INC.** 311 Sunshine Road, Reading PA. 19601

PLEASE PRINT CLEARLY: Email or phone contact required

(First Name) (Last Name) Date of Birth: _____ Age day of race: _____

Address: _____ Apt. # _____
(Street) (City) (State) (Zip Code)

Email: _____ Phone No.: _____ Gender: M or F (please circle one)

Please circle SHIRT, or NO SHIRT, SIZE & EVENT: **NO SHIRT** **SHIRT** **Shirt Size.... S M L XL XXL** **Events... 4mile Walk FunRun**

**Waiver: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any or all other risk 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 trail, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry fee. Thereby 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, Run4Sam, Inc, Berks Co, the race committee, volunteers, and all sponsors, including their agents, employees, assigns, or anyone acting 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. 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 all parties affiliated with the race to use any pictures or likeness 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: _____