

## Directions to AVRCC

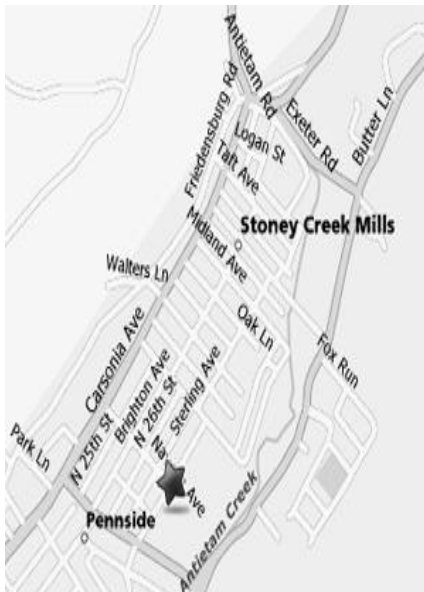
The AVRCC is located at the corner of Byram and Navella Streets in Pennside.

From 422 W: Take 422 Business exit toward Mt. Penn. Continue onto Perkiomen Ave. Turn right onto Oley Turnpike Rd; Take 3<sup>rd</sup> left onto S. Bingaman St. Take 2<sup>nd</sup> left onto Harvey Ave. Take 1<sup>st</sup> right onto Byram Street.

From 422 E (Wyomissing) Penn Street; US 422 Bus E/Perkiomen Ave; turn left onto N 23<sup>rd</sup> St. Continue onto Carsonia Ave; Turn right onto Parkview Ave. Turn right onto Bryam St.

### Parking:

Small parking lot at AVRCC building and a large parking lot at the Antietam Swimming Pool



Additional registration forms are available at [www.antietamvalley.org](http://www.antietamvalley.org)



## Antietam Valley Community Partnership

AVCP was founded to improve the quality of life in the Antietam Valley, which includes the Boroughs of Mount Penn and Saint Lawrence, the Township of Lower Alsace, and the immediate surrounding area. We are interested in improving access to quality community recreation for children and adults, as well as working to identify ways to “shine the light” on the many positive characteristics of the Antietam Valley. We support community enrichment and economic development projects, especially those that impact the quality of life for families and residents. Finally, we are committed to maintaining close working partnerships with other organizations in the community, including the Antietam Valley Recreation & Community Center, the Mount Penn Area Business Association, local sports leagues, religious organizations and other groups.

# *Antietam Valley 5K Fun Run*

*"Historic Carsonia Park"*

1<sup>st</sup> Annual Family Event  
Featuring:

**5K Run/Walk**  
**1 Mile Fun Run/Walk**

Health Fair, raffle, refreshments & more!

**Saturday, April 25<sup>th</sup>, 2015**

**9:00 am**

Antietam Valley Recreation and  
Community Center (AVRCC)  
905 Byram Street  
Pennside, PA 19606

## Event Details

**Event Date:** **April 25, 2015**  
(Rain or Shine)

**Start/Finish:** Antietam Valley Recreation & Community Center (AVRCC)  
905 Byram Street  
Reading, PA 19606

**Schedule:** 7:30 – 8:45am Registration  
8:45 Warm up  
9:00 5K Run  
9:30 Warm up  
9:45 1 mile Run/Walk  
Awards to follow 1 mile Run

**5K Age Groups:** 10 and under 11 – 14  
15 - 19 20 – 29  
30 - 39 40 - 49  
50 - 59 60 - 69  
70 and over

**Awards – 5K:** Overall Male and Female  
Top 3 male and female per age group

**Awards – 1Mi:** Ribbon for all finishers

**Results:** www.pretzelcitysports.com

**Contact:** Jaime Trupp  
truppjb@gmail.com  
610-914-1176 (cell)

**Amenities:** Fast flat course

Warm up provided by:  
Team Works Sports Academy, LLC  
www.teamworksports.org

T-shirt to all pre-registrants and race day while supplies last

Post race refreshments

Post race health fair & raffle

## Antietam Valley 5K Fun Run

### PARTICIPANT REGISTRATION

Name: \_\_\_\_\_

Male  Female Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

#### Shirt Size: (Check One)

S  M  L  XL  XXL

YS  YM  YL

#### Registering for: (Check event entered)

5K Run  1 Mile Fun Walk/Run

**Entry Fees:** By 4/18/15 4/19/15 and after  
5K & 1 Mile \$ 25.00 \$ 30.00

Children 10 & under (age as of 04/25/15) are free for either race. Waiver required.

All Pre-registered participants, including free children are guaranteed to receive a t-shirt if registration is received by April 18, 2015. Entries afterward will receive a t-shirt on a first come, first serve basis while supplies last. Size and receipt of shirt is not guaranteed if you do not register by April 18<sup>th</sup>.

#### Make checks payable to:

Antietam Valley Community Partnership (AVCP)

#### Mail Registration form/waiver with payment to:

AVCP c/o Jaime Trupp  
816 N 26<sup>th</sup> Street  
Reading PA 19606

#### Optional online registration available at

**www.pretzelcitysports.com**  
(Closes Wed, April 22nd at midnight)

**Nominal fee for free children if online registration is used. To avoid nominal fee, mail application to address listed above.**

## Liability Waiver

Must be signed to participate in Antietam Valley 5K & Fun Run

WAIVER/RELEASE: I for myself, and/or the child, recognize that running a road race is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, rain, high heat and/or humidity, traffic and the conditions, of the roads/walks/paths, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge Antietam Valley Community Partnership (a non-profit organization), Antietam Valley Recreation and Community Center, the organizers, hosts, and sponsors of Antietam Valley 5K Fun Run, their directors, officers, staff and volunteers, the borough of Lower Alsace Township, Mt. Penn Borough and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. For runners safety, I understand that bicycles, scooters and roller blades are prohibited.

**I also understand and accept that there are no refunds for this event.**

Note: Volunteers will be on hand to guide participants, but roads will be open to traffic.

I have read and understand the above waiver.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature if under 18 years of age:

\_\_\_\_\_ Date: \_\_\_\_\_