

Pottsgrove Athletics in conjunction with Manatawny Athletic Club presents:

## Toss Your Turkey 5K (13th Annual)



Thursday, November 23, 2023 8:30 AM



Online Registration: [RunSignUp.com](https://RunSignUp.com)

**LONG SLEEVE TECH SHIRTS TO FIRST 500 entrants!**  
**Group/Family Rates – Start a TG 5K Tradition!**  
**Virtual Race Option Available**

**LOCATION:** Montgomery County Community College, 101 College Drive, Pottstown, PA.

**GIMMICK ALERT:** All entrants will have the opportunity to “toss” a frozen turkey (which will be provided) from 7:00 until 8:20. And after the 5K race. Male and female who tosses the turkey the farthest AND runs the 5K will win a special gift.

**COURSE:** VERY flat, fast, wheel-measured 5K road loop

**ENTRY:** \$30.00 postmarked (or on-line) by **Tuesday Nov. 14, 2023**. After this and race day: \$35.00.

**Group/Family Rate:** 5 entries for \$125.00 and \$25.00 each additional runner. Pre-registered only. Paper entries must be mailed in one envelope. *Group/Family rates are also available to on-line. Enter as “Team”.*

**Day of registration:** \$35.00. 7:00-8:15 am.

### Runners and Walkers!

**CHECKS PAYABLE TO:** “Pottsgrove Athletics”. Send to Steve Anspach, Pottsgrove High School, 1345 Kauffman Rd, Pottstown, PA 19464. Email to: [sanspach@pgsd.org](mailto:sanspach@pgsd.org)

Print Clearly

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Email: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Sex: M F Race day age: \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

**Long sleeve tech shirt** (the sizes tend to run larger than cotton T's): **XS S M L XL XXL**

**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 assume any or all other risks associated with running or attending the race or Turkey Toss, including but not limited to falls, contact with other participants, the affects of weather and the condition of the course, 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 behalf, covenant not to sue, and waive, release and discharge Pottsgrove XC, Pottsgrove School District, Chester Co. Running Store, Montgomery County Community College, Pottstown Borough, Pottstown Parks & Recreation or any other municipalities in which the event is held, all organizers, officials, and any other organization or individual associated with this event from any or all claims or liability for death, personal injury or property damage of any kind of nature what so ever foreseen or unforeseen, known or unknown arising out of or in the course of my participation in this event. By entering this race, I am granting permission to the PGXC program to use any pictures or likenesses of me secured at the event in any way they see fit without my review, restriction, or compensation. **I HAVE READ AND UNDERSTAND THIS WAIVER!**

If under 18, a legal guardian must sign.

Signature \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/2023

### **Male and Female Age Groups:**

13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,  
60-64, 65-69, 70+

### **RACE AWARDS:**

**Overall Winner (male and female) receives a medal, TYT theme award, and pie.**

**1st Place in each age group receives a TYT theme award and pie.**

**Age group placers (2<sup>nd</sup>, 3<sup>rd</sup>) receive a TYT themed award.**

**Fast results (no awards ceremony), get your prizes and get to your other TG celebrations quickly!**

**Timed by Chester County Racing Services. Results posted at *runccrs.com***

## **Pre-race Packet Pick-up**

### **Big Phil's Bar and Grill**

351 W. Schuylkill Rd, Pottstown, 19464 PA (Coventry Mall)  
**Wednesday, Nov. 22, 2023 from 5:00 – 7:00 pm.**

### **Proceeds benefit:**

**Pottstown Cluster of Religious Communities Meals and Shelter Programs**

**Operation #143**

**Pottstown Fire Police**

**Pottsgrove Athletics**

**Pottsgrove XC**

