

2010 NORTHERN BERKS "EXTREME" QUAD GAMES
"Frosty Kerny"

10K Road Race

October 23, 2010

Registration Opens 8:00 am

Race Start Time 8:45 am

Entry Fees:

\$12.00 if received by October 17, 2010

\$15.00 after October 17, 2010

Pre-register and add a short-sleeved T-shirt for \$5.00 more

Prizes:

Fastest Male and Female. 1st, 2nd and 3rd Place for Males and Females aged 0-19, 20-29, 30-39, 40-49, 50-59, and 60+

Race Location:

Hamburg Community Park

2nd and Franklin Streets, Hamburg

CONTACT

Phone: Gregg Adams at 610.562.1428
Email: info@bluemountainwildlife.com
Web: www.bluemountainwildlife.com

The 2010 Northern Berks QUAD Games Are Proudly Sponsored By:



EVENT 4

**Frosty Kerny
10K Road Race**

Mail form and entry fee to:
 Blue Mountain Wildlife
 P.O. Box 389
 Hamburg, PA 19526

- T-Shirt**
- S M L XL
- No T-Shirt**

Name _____

Address _____

Phone _____

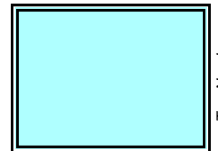
Email _____

Please Read Carefully: In consideration of this entry being accepted, I, myself, my heirs, executors and assignees, do hereby waive and release all rights I may have against the organization holding this event, its agents, representatives, sponsors and volunteers, for any and all claims for injuries or losses that may directly or indirectly result from participation in this event. Also, none of the above are responsible of the loss of personal items nor any other aggravation incurred in connection with this event.

Sex _____

Age on Race Day _____

Signature of applicant, or Parent or Guardian if applicant is under 18 on race day



Tag Number

Event I—5-Mile Trail Run
 Sunday April 11, 2010

Event II—15-Mile Bike Race
 Sunday June 6, 2010

Event III—Sprint Duathlon
 Saturday August 7, 2010

Event IV—10K Road Race
 Saturday October 23, 2010

2010 Northern Berks QUAD

Frosty Kerny Race

Directions



FROM ALLENTOWN AND EAST: Take I-78/PA 22 west to Exit 30 Hamburg. Turn left at the end of the ramp, then right onto Island Street and look for signs and volunteers directing participants to parking.

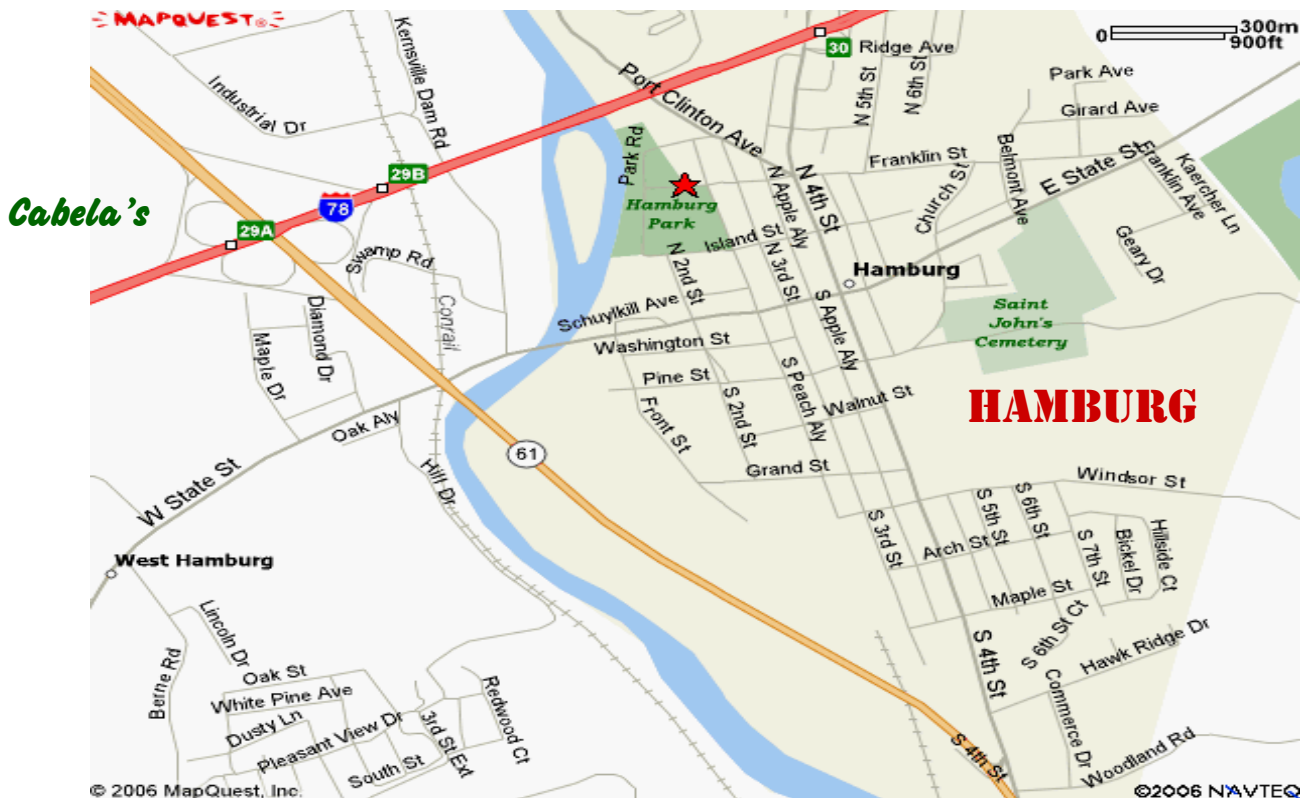
FROM POTTSVILLE AND NORTH: Take PA 61 South to Hamburg exit (South 4th Street). Continue north on 4th Street through two traffic lights, then turn left onto Island Street and look for signs and volunteers directing participants to parking.

FROM READING, PHILADELPHIA AND SOUTHEAST:

Take US 422 west toward Reading. At Reading US 422 West exits toward Lancaster. **Do not exit.** The highway becomes US 222 East. Continue on US 222 East to PA 61 North exit. Take PA 61 North to Hamburg exit (South 4th Street). Continue north on 4th Street through two traffic lights, then turn left onto Island Street and look for signs and volunteers directing participants to parking.

FROM HARRISBURG AND WEST:

Take I-78 east to Exit 30 Hamburg. Turn right at the end of the ramp, then right onto Island Street and look for signs and volunteers directing participants to parking.



2010 NORTHERN BERKS "FAMILY" QUAD GAMES

Frosty Kerny Lite 2-Mile Family Fun Run October 23, 2010

Registration Opens 8:00 am

Race Start Time 8:45 am

Entry Fee:

\$5.00

Pre-register and add a short-sleeved T-shirt for \$5.00 more

Prizes: **Fastest Male and Female**
1st Place for Males and Females aged
0-9, 10-15, 16-32, 33-49, and 50 +

Race Location:
Hamburg Community Park
2nd and Franklin Streets, Hamburg

Join Our Annual Run Down 4th Street!

CONTACT Phone: **Gregg Adams at 610.562.1428**
Email: **info@bluemountainwildlife.com**
Web: **www.bluemountainwildlife.com**

The 2010 Northern Berks QUAD Games Are Proudly Sponsored By:



EVENT 4
Frosty Kerny Lite
2-Mile Road Race

Mail form and entry fee to:
Blue Mountain Wildlife
P.O. Box 389
Hamburg, PA 19526

T-Shirt
 S M L XL
 No T-Shirt

Name _____
Address _____
Phone _____
Email _____

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Sex _____ Age on Race Day _____

Tag Number

Signature of applicant, or Parent or Guardian if applicant is under 18 on race day

Event I—2K Trail Run
Sunday April 11, 2010

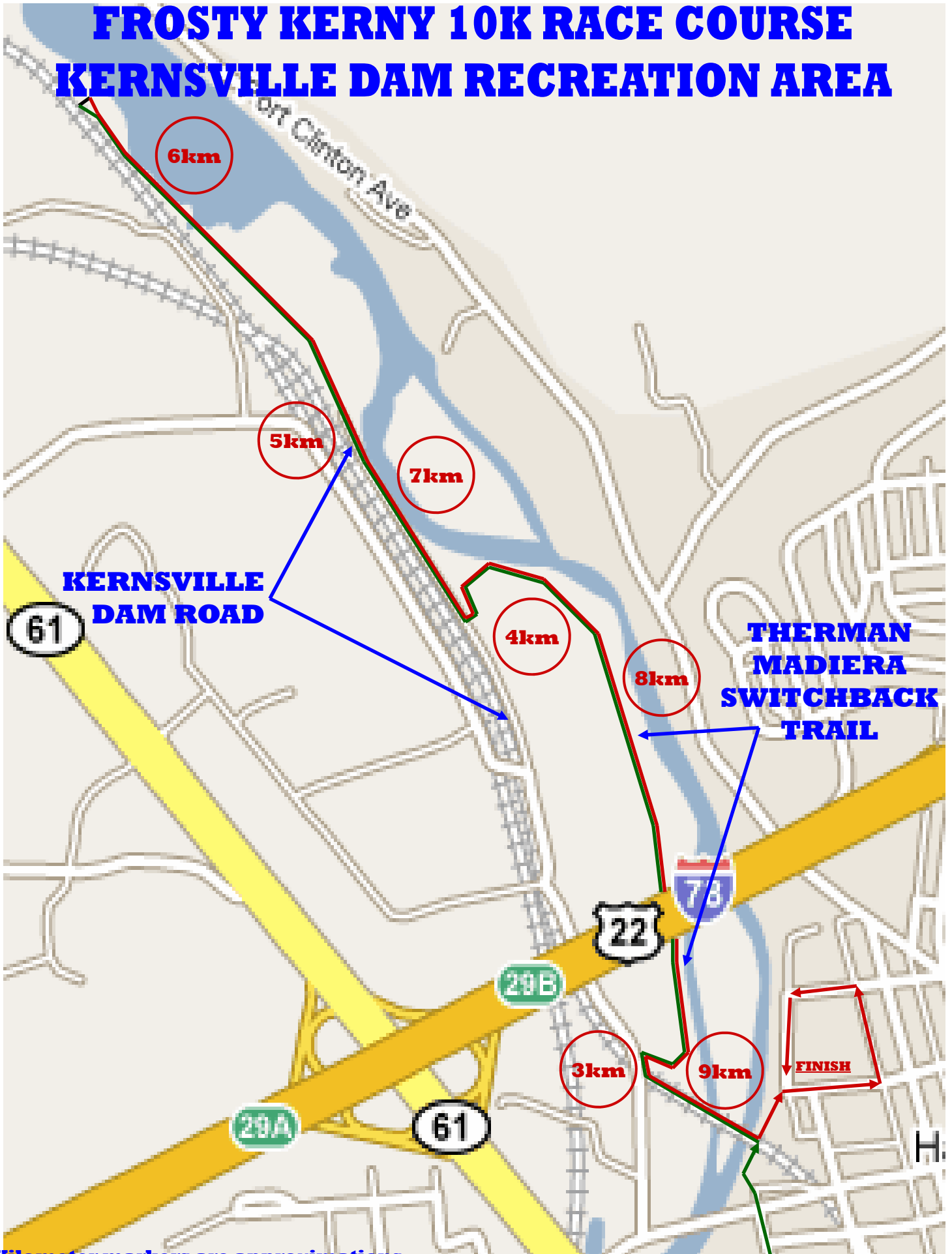
Event II—5-Mile Bike Race
Sunday June 6, 2010

Event III—Mini Duathlon
Saturday August 7, 2010

Event IV—2 Mile Road Race
Saturday October 23, 2010

FROSTY KERNY 10K RACE COURSE

KERNSVILLE DAM RECREATION AREA



Kilometer markers are approximations