

Pretzel City Sports & Sunny Rest Resort present the "cheekiest" race you'll ever do; the 4th annual

WIGGLE, JIGGLE & GIGGLE

Clothing Optional 5K Road Race & 1M Fun Run/Walk Sunny Rest Resort, Palmerton, PA Sat, June 11, 2016 10 AM

Moved to a Sat. in June ** Race Dressed, Undressed or "In Between"

In 2013, we wondered if runners would like to run a race a bit different than our trail race at this great resort; all on road, a course where people can see you midrace & a lot less hilly. The answer was YES; each year, 125-150 bravehearts show up, with 80+ % of them racing in varying states of "undress". You KNOW this is on your "bucket list"; come see what everyone is talking about!! Show your family/friends/parole officer that you may be many things but BORING is not one of them. Or run fully dressed & laugh at others' badly conceived tattoos, body piercings and suspected (but only now revealed) corrective surgeries & augmentations.

Location: Sunny Rest Resort, 20 miles North of Allentown PA. Just off NE Turnpike, near Palmerton. Free use of resort with each entry or admission: pool, hot tub, poolside bar, restaurant, night club, gym, trails, volleyball, tennis and lots more, **up to a \$55 value!** Clothing may be worn anywhere except in pool (may be dressed poolside) & hot tub.



For room & camping reservations, call 610-377-2911 or visit the website www.sunnyrest.com

Address: 425 Sunny Rest Rd, Palmerton, PA 18071 (near exit 74 NE Ext of PA turnpike Rte 476 & 209 north)

Awards: Top two M and F plus: **29 & under:** 3M, 3F **30-39:** 3M, 3F **40-49:** 3M, 3F **50-59:** 3M, 3F **60+:** 3M, 3F

Registration & Fee: Reg opens at 9 AM, 5k & 1M at 10 AM, poolside award ceremony, Must be 18+ to enter race/facility unless with parents. Bring photo ID w/date of birth; family oriented resort but we want runners to feel at ease. **\$32 if mailed by May 28th, with unique shirt to wear when you go to town & free entry into camp, itself a \$55 value. Afterwards, including raceday, \$38 while shirts last, \$32 when gone.** Clothed runners VERY welcome! **NOTE:** \$10 park entry fee for all spectators; all can use park till closing. **Part of entry fee benefits Amer. Cancer Society!** Snacks, door prizes, instant results. No photos please! Runs thru heart of camp. Results posted online using only first name, last initial, age & sex.

Optional Online Registration Available at www.pretzelcitysports.com

(closes at midnight, Wed before the race-nominal service fee applies-very few extra shirts ordered over prereg total so enter before raceday!)

**Check Payable to & Mailed to (with waiver): PRETZEL CITY SPORTS, 112 W. 36TH ST., READING, PA 19606
Worst Wiggle: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com**

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Shirt Size? : XS S M L XL 2X

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Tel:(____) _____ AM? PM? BOTH?
(must be 18 or older) (circle one)

Email _____ Already get Run Update eNewsletters? ___ Yes ___ No

Additional Donation Included for American Cancer Society (totally optional) \$ _____

WAIVER: I know that running a trail 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, hazards, debris and poor footing on the course and assume the risk for running on it. 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, getting lost, wildlife and insect attacks and 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 Pretzel City Sports, Sunny Rest Resort, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, 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 SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature _____ Date _____, 20____