# **Highlights**

This event is aimed at any and all ages and abilities! Regardless if you will run the 3.1 miles in fifteen minutes or leisurely stroll the course in an hour and fifteen we are excited to have you.

This is absolutely a walker friendly event.

The race will begin in front of the middle school cafeteria of the Conrad Weiser Middle / High School complex. The route will take a long loop around the school parking lot before leaving for quiet community streets of Robesonia and finally returning to finish by the start line.

Both before and after the race the cafeteria and indoor restrooms will be open and available to keep warm.

There will be (weather permitting) a professional photographer taking pictures of you finishing. If you provide your email address we will happily send you, at no charge, full resolution images to do with as you please.

Several Trinity members will be providing childcare while you run. Your children can stay inside, warm and entertained, while you run.

# About the 5k

Trinity Lutheran Church has held an annual chocolate festival for a number of years. It is a day of good fun, great food, and of course lots of chocolate, which serves to raise funds for local community service organizations. This year all monies raised will be split between the Conrad Weiser Food Pantry and the Western Berks Free Medical Clinic.

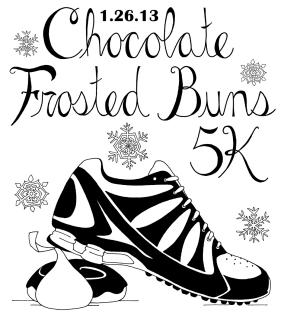
The Conrad Weiser Food Pantry provides food and supplies to men, women and children with need from our local community. Currently there are over 180 families that the food pantry is helping to support.

The Western Berks Free Medical Clinic is a non-profit organization that has been providing free health care to individuals who do not have access to the health care system since 2002. Their volunteer staff includes 8 physicians, 19 registered nurses and 5 clinic coordinators. Also available are interpreters, licensed dieticians, social workers and nurse mid-wife. From 2002 to 2010 the clinic has served more than 4.500 individuals.

All proceeds from this run will go to benefit these two wonderful community organizations. We hope you will join us for a great event and also invite you to join us later that day for the chocolate festival itself at Trinity. It will run from 3:00 to 7:00pm and include food, desserts, games, a silent auction and lots of other great events.

# Trinity Lutheran Church's Chocolate Festival

presents the



AND 1/2 Mile Fun Run

January 26, 2013
5K Start - 9:15am
Conrad Weiser
Middle School

Robesonia, Pa

#### **Event Details**

**Event Date: January 26, 2013** (rain, snow, or shine)

Beneficiary: **Conrad Weiser Food Pantry** 

**Western Berks Free Medical Clinic** 

Start/Finish: **Conrad Weiser Middle School** 

> 347 East Penn Avenue Robesonia, PA 19551

7:30-9:10 Schedule: Registration 8:45 ½ mile Fun Run

9:15 5k Run Awards to follow 5K

5K Age Groups: 14 and under 15-19

> 20-29 30-39 40-49 50-59

60 and over

Awards - 5K Over all Male and Female

Top 3 male and female per Age Group

Awards - 1/2mi Ribbon for all finishers

Results: Posted at race and on

www.pretzelcitysports.com following

the event.

Darrell Rosenberger Contact:

dgrosenberger@verizon.net

610-927-3520

Amenities: Indoor Registration and

**Bathrooms** 

Free professional finish line photographs emailed to all

finishers.

Free childcare during race

Fast flat course

Long sleeved tee to all preregistrants and race day until

gone

Goodie bags to all pre-

registrants

Post-race refreshments

## Chocolate Frosted Buns 5k

#### PARTICIPANT REGISTRATION

Name:		
Address:		
City:	St:	Zip:
Email:		
Phone:		
Emergency Phone:		
Age (as of 1/26/13):		
Gender: Male Female		
Shirt Size: S M	1 L	XL XXL
If utilizing child care:  Number of Children Ages:		
Registering for: <b>5K</b>	☐ ½ Mi. F	un Run
Entry Fees: 5K	\$20.00	1/7/13 and after \$25.00
1/2 Mile (no shirt)	\$5.00	\$8.00

Pre-registration 5k participants are guaranteed to receive a long-sleeve shirt if registration is received by January 6, 2013. Entries afterward will receive a long-sleeve 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 January 6th.

Make checks payable to: Trinity Lutheran Church

### Mail Registration form with payment to:

Trinity Lutheran Church Chocolate Frosted Buns 5k 108 South Robeson Street Robesonia, PA 19551

## Optional online registration available at www.pretzelcitysports.com

(closes at midnight, the Wednesday before the race; nominal service charge applies)

#### **Liability Waiver**

Must be signed to participate in Chocolate Frosted Buns 5k

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 in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, 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 Trinity Lutheran Church (a nonprofit non-governmental religious organization), Conrad Weiser School District, the organizers, hosts, and sponsors of Chocolate Frosted Buns 5k, their directors, officers, staff, and volunteers, the borough of Robesonia, Heidelberg Township 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 nave read and understand the above waiver.
Signature:
Date:
Parent Signature if under 18 years of age:
Date: