

Trooper Thorns & Pretzel City Sports present a ONE TIME event to help a family in distress; the

Help For Houston 5k

10 A.M. Saturday, Sept 30, 2017

Trooper Thorn's Irish Beef House, Rt. 10, Reading, PA

The owner of Troopers formerly lived in Houston, and has close family there still. Through her family, she became aware of a single mother of an 8 year old who also has her father, an amputee, and her mother, who suffers from Crohn's disease & ulcerative colitis, living with her. They were just "getting by" as it was on her bartending salary and her father's social security. Then, the storm hit. They lost everything except the clothes on their back plus the source of most of their income; her job. Trooper Thorns and Pretzel City plan to do everything we can to make their lives just a little more "bearable". Please join us for this one-time event where every single dollar over the cost of holding the event will go to this family that is in dire straits; Troopers and Pretzel City will not make a cent from this and both, in fact, are donating things to reduce the cost. The money we raise will mean SO much to them! A few years ago, we here in Reading, PA held one of the biggest Boston Strong events in Pennsylvania. Won't you PLEASE give this event the same type of support; an event where we can tell you EXACTLY where the money goes and how much it helped.

LOCATION: Trooper Thorn's Irish Beef House, 451 Morgantown Rd. (Rt 10), Reading, (1/2 mile south of Lancaster Ave exit of the Rt. 422 Reading Bypass-go left at Queen City Diner). Reg. opens at 9 A. M. Clock at finish, refreshments, instant results, a FREE BEER w/each entry, Chinese auction for running related gifts, prizes for those running in the best Western Wear. Flat and fast "out and back" course. Walkers too!

AWARDS: Top male and female overall plus:

0-18: 3M, 3F 19-29: 3M, 3F 30-39: 3M, 3F 40-49: 3M, 3F 50-59: 3M, 3F 60-67: 3M, 3F 68+: 2M, 2F

ENTRY: \$22 if postmarked by 9/23/17, includes T-shirt. After that, \$27 including day of race, while shirts last. Held rain, shine, snow or snow on ground. No refunds. No mailed shirts or awards. Insurance by R. R. C. A.

Optional Online Registration on www.pretzelcitysports.com

(closes midnight, the Wed of race week, nominal service charge applies)

Go to the same site if you don't wish to run the race but wish to make a donation. Also, WE REALLY APPRECIATE ANYONE THAT IS WILLING TO SPONSOR THE EVENT OR DONATE SOMETHING FOR THE CHINESE AUCTION. If you are able to be so generous, please contact Ron Horn at the number below for details.

Make check payable to "PRETZEL CITY SPORTS". Send check & form below to: Pretzel City Sports, 112 W. 36th St, Reading, PA 19606 Race Director: Ron Horn: (610)779-2668 rhornpcs@aol.com (best way to contact)

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Sex: M F Age on Race Day: _____ Date of birth ___/___/___ Shirt Size: XS S M L XL XXL

Email: _____@_____ Already get Run Update emails? __ Yes __ No

Phone: (____) _____ A.M.? __ P.M.? __ BOTH?

WAIVER: I know that running a road 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 on the course and assume the risk for running in traffic. 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 and the condition of the roads, 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, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, 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 entering this race, I am granting permission to Pretzel City Sports to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

Signature _____ date ___/___/___

Help for Houston Application may be duplicated.

App also available at www.pretzelcitysports.com