

4th Annual Team Holly:

Hear Our Voices 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 10, 2017 – 10:00 a.m.



ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!

If registered on-line or postmarked by August 18, 2017, registrants guaranteed a free t-shirt:

Adults - \$20, Kids 9-17 - \$12, Kids 8 & under - Free
(no shirt for kids 8 & under due to free entry)

After August 18, 2017 and on Race Day:

Adults - \$25, Kids 9-17 - \$18, Kids 8 & under - \$5

Free t-shirt for 9 & older while supplies last. Race day: cash or check only.

LOCATION/REGISTRATION: Gring's Mill Recreation Center, 2083 Tulpehocken Road, Reading, PA 19610; Registration/number pickup at Gring's Mill Recreation Center starting at 8:30 a.m. Runners will begin promptly at 10:00 a.m. Walkers will begin at 10:05 a.m. Course is out and back along the Union Canal Towpath Trail. Awards ceremony to follow.

AMENITIES: Gift bag w/ t-shirt to all registrants 9 & over (while supplies last for on-line registrations after August 18th and mailed registrations postmarked after August 18th); survivor t-shirt for all breast cancer survivors, refreshments for participants, indoor toilet facilities, free parking, time clock at finish. Race held rain or shine. No refunds or mailed awards. Results published at www.pretzelcitysports.com in 1-2 days after race.

5K AWARDS: Awards for the overall male and female 1st, 2nd & 3rd overall winners; 3 male and 3 female awards for each age category (18 & under; 19-29, 30-39, 40-49, 50-59, 60+); and Survivor awards 1st, 2nd, 3rd overall winners and 1st place for categories 40-49, 50-59, 60+.

FAMILY FRIENDLY EVENT!!

Face painting, games, bake sale, raffles with great prizes, refreshments and more!

DIRECTIONS: Take 222N. Take the Broadcasting Rd exit. Turn right at the light onto Broadcasting Rd. Take right onto Tulpehocken Rd. and look for event signs. Gring's Mill and parking located on the left.

Information and Online Registration (small service fee applies) at: www.pretzelcitysports.com

(Online Registration closes at midnight on the Wednesday prior to the race)

Make Check Payable (for paper registrations) to: "Breast Cancer Support Services of Berks"

Mail Check & Completed Below Form to: BCSS, 529 Reading Ave., Suite C, West Reading, PA 19611

Race Director: Kathy Kolb, contact her at 610-478-1447 or director@bcssberks.org

.....Please Print Clearly.....

Last name _____ First name _____ Street Address _____

City _____ State _____ Zip _____ Race day age _____ Date of birth _____

Email _____ @ _____ Phone _____ (Cell preferred)

Race: 5K Run _____ 5K Walk _____ Sex: M _____ F _____ Breast cancer survivor: Yes _____ No _____

Shirt Size (check one): Adult: XS _____ S _____ M _____ L _____ XL _____ XXL _____ Youth: L _____ XL _____

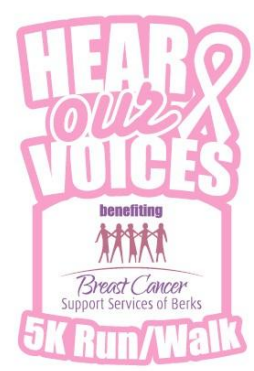
Additional shirts available for \$10 each. No. of additional shirts _____ x \$10 = _____ Sizes: _____

WAIVER: I know that running a race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the trails/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 Breast Cancer Support Services of Berks, Pretzel City Sports, all municipalities in which the race is held, the race organizers, committee, volunteers, benefitting organization and 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign):

Signature: _____ Date: _____

Greg's Voice

My late wife, Holly Lamont, was diagnosed with stage 4 breast cancer on 4/19/2011. She was a loving wife, a devoted mother of 3, a dedicated first grade public school teacher, and now, from day 1, she was a survivor.



Surviving cancer starts on day 1, with real help. Breast Cancer Support Services of Berks (BCSS) gave her REAL LIFE and IMMEDIATE help to cope with her illness. Raising money to find a cure is the ultimate goal, but meanwhile, the survivors need real-world help every day. BCSS gave her real help to connect with others sharing her experience. Real help to find the resources to cope, fight, live and make the difficult but necessary life decisions that cannot be ignored.

Three and one-half years after her diagnosis, two months after the 1st Annual "Hear Our Voices 5K," Holly passed away. She did not live long enough to see the promise of a cure. But she did have help from day 1 because of BCSS. Instead of being lost in her diagnosis, BCSS helped her be a survivor with friends, help, direction and purpose.

This is the 4th Annual "Team Holly Hear Our Voices 5K." This event is part of her legacy. A legacy that helps others cope, fight and live purposefully as survivors.

~Greg Lamont - husband of Holly Ann Lamont, "The Cancer Ninja"



Breast Cancer Support Services of Berks (BCSS)...

is a local organization that provides hope, information and emotional support to women and men affected by breast cancer.

In 2016 BCSS...

- *answered 500+ inquiries
- *supplied 260 Comfort Bags
- *El Poder del Rosado-programs for Spanish speakers
- *more than 300 women attended BCSS programs
- *helped women with prostheses, wigs, bras
- *provides Support Line 7 days a week
- *YSC Face 2 Face-support groups for survivors under age 45

To Learn More About BCSS...

Please visit www.bcssberks.org and "like" us on Facebook.

.....Please Print Clearly.....

I am unable to attend the BCSS 5K, but I would like to make a donation in the amount of \$ _____.

I would like to be added to the Breast Cancer Support Services' mailing list: Yes _____ No _____

Make check payable to: "Breast Cancer Support Services of Berks" with "Hear Our Voices 5K" in the memo line.

Mail check and completed form below to: Breast Cancer Support Services of Berks, 529 Reading Avenue, Suite C, West Reading, PA 19611

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ @ _____

Donate online at www.bcssberks.org. Please specify for 'Hear Our Voices 5K'.

Breast Cancer Support Services of Berks is a 501 (c) (3) nonprofit organization-contributions to which are tax deductible to the full extent permitted by law. The official registration and financial information of Breast Cancer Support Services may be obtained from the Pennsylvania Department of State by calling toll free within PA (800) 732-0999. Registration does not imply endorsement.