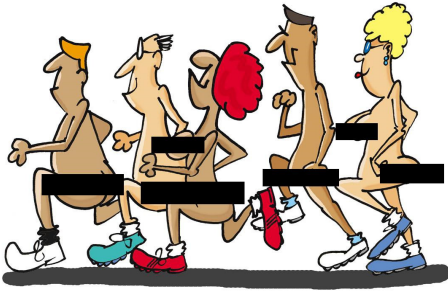


Pretzel City Sports' run thru a forest with loads of exposed limbs; the 11<sup>th</sup> annual

# BOUNCING BUNS



## "Clothing Optional" 7k Trail Run & 1 Mile Fun Run/Walk

### Sunny Rest Resort\*Palmerston, PA

### SATURDAY, AUG 22, 2020 \*\* 10 AM

*Run in a Snow Suit, a Birthday Suit or anything inbetween!*

**Location:** Sunny Rest Resort, 20 miles North of Allentown PA. Just off NE Turnpike, near Palmerston. Free use of resort for the day with each entry or spectator fee-**a \$61 value for most:** pool, hot tub, poolside bar, restaurant, night club, gym, trails, volleyball, tennis and lots more! Clothing may be worn anywhere except in pool (may be dressed poolside) & hot tub.



**For room & camping reservations at Sunny Rest, call 610-377-2911 or visit the website [www.sunnyrest.com](http://www.sunnyrest.com)**

**Address: 425 Sunny Rest Rd, Palmerston, PA 18071 (near exit 74 NE Ext. PA turnpike)**

**Awards:** Top M & F +: **0-39:** 7M, 7F **40-49:** 5M, 5F **50-59:** 5M, 5F **60-67:** 4M, 4F (top age group for all women) **68-74:** 3M **75+:** 2M Top M & F Sunny Rest Member; also eligible for age group awards

**Registration/Fee:** Reg opens at 9 AM, 7K at 10 AM. Must be 18+ to enter race/facility unless with a parent. Bring photo ID w/date of birth; family oriented resort but we want runners to feel at ease. \$34 if postmarked by Tues, 8/11, w/unique soft style T-shirt to wear when you go to town & free use of the resort all day- itself a \$61 value. After that, \$39 till race day, \$40 on raceday, \$35 when shirts are gone. **SUNNY REST MEMBERS:** \$20 till 8/11; \$24 after that till race day, \$25 on race day till shirts run out; then \$20. Clothed runners VERY welcome! **NOTE:** \$15 resort entry fee for all spectators 18+; pay raceday at registration table, also can stay all day. **PART OF EACH ENTRY FEE (PLUS ALL INDIVIDUAL DONATIONS) GOES TO THE AMERICAN CANCER SOCIETY!** Instant results, well marked trails, cash bar/restaurant, poolside awards. No photos please! 1<sup>ST</sup> mile or so on road; rest is n easy to moderate double/triple track trails. Results online using only first name, last initial, state, age, & gender. **BE SILLY! ACT YOUNG! TELL BETTER STORIES AT PARTIES THAN YOU DO NOW! SEE SOME OF PA'S MOST UNIQUE TRAILS.**

**Optional Online Registration Available at [www.pretzelcitysports.com](http://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**

**Biggest Buns: Ron Horn, rhornpcs@aol.com , 610-779-2668, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Soft Style T-Shirt Size: XS S M L XL 2X Sunny Rest Member? \_\_\_\_ Yes \_\_\_\_ No  
(XS BASED ON MANUFACTURER AVAILABILITY\*\* LATE ENTRIES MAY GET COTTON SHIRT INSTEAD OR NONE AT ALL)

Sex: M F Race Day Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Tel:(\_\_\_\_\_) \_\_\_\_\_ AM? PM? BOTH?  
(must be 18 or older or have a parent present if not) (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\_\_\_\_

BUNS APP MAY BE COPIED \*\* SIGN WAIVER \*\* INSURANCE PROVIDED BY ROAD RUNNER CLUBS OF AMERICA