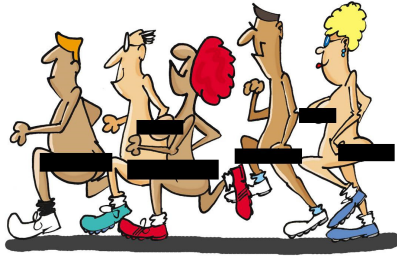


Pretzel City Sports' forest run completed by 125-175 "woodies" each year; the 10th annual



BOUNCING BUNS

"Clothing Optional" 7k Trail Run

Sunny Rest Resort*Palmerston, PA*10 AM

NEW MONTH!! SUN, JULY 14, 2019

Race in anything from a "3 Piece Suit" to Your "Birthday" Suit"! Or Anything In-between!

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-an almost \$60 value: 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 Address: 425 Sunny Rest Rd, Palmerston, PA 18071 (near exit 74 NE Ext. PA turnpike)

Awards: Top M & F +: **0-39:** 6M, 6F **40-49:**4M, 4F **50-59:**4M, 4F **60-67:**3M, 2F **68-74:** 2M, 1F **75+:** 2M, 1F

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 6/26, w/unique TECH shirt to wear when you go to town & free use of the resort all day- itself a \$59 value. Afterwards, including raceday, \$39 while shirts last, \$33 when gone. SUNNY REST MEMBERS: \$25 till 6/26; \$30 after that till shirts run out; then \$24.** Clothed runners VERY welcome! **NOTE:** \$10 park entry fee for all spectators 18+; also can stay all day. **PART OF EACH ENTRY FEE DONATED TO THE AMERICAN CANCER SOCIETY!** Instant results, well marked trails, cash bar/restaurant, poolside awards. No photos please! 1ST mile or so on road; rest on easy to moderate double/triple track trails. Results online using only first name, last initial, state, age, & gender. **BE SILLY! ACT YOUNG! HAVE BETTER STORIES TO TELL AT PARTIES THAN YOUR CURRENT ONES! SOME OF PA'S MOST UNIQUE TRAILS.**

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
Biggest Buns: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com**

Last Name _____ First Name _____

Street Address _____

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