

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 and family friendly event.

The race will begin in front of the high school at 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 high school cafeteria (with indoor restrooms) will be open for you to keep warm.

There will be (weather permitting) a professional photographer taking pictures of you finishing. After the race you will be able to download (www.flickr.com/cfb5k) your full resolution pictures absolutely free.

We offer gender specific tech race shirts so the shirt you get will actually fit. Or, if you are not a shirt person, opt out and save six dollars. Finally, because I like choices, sweatshirts are making an appearance this year too.

About the 5k

Entering our seventh year the Chocolate Frosted Buns 5k is again raising money for the Conrad Weiser Food Pantry and the Western Berks Free Medical Clinic. In our first five years, thanks to the generosity of our amazing sponsors and so many wonderful runners we have been able to provide approximately \$30,000 of support to these two deserving organizations.

Every month the Conrad Weiser Food Pantry provides food and supplies to over 400 people (more than 200 of them children and seniors). Every dollar they receive enables them to provide 5 pounds of food to our neighbors.

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 13 physicians, 23 registered nurses and several clinic coordinators. Also available are interpreters, a licensed dietician, a nurse mid-wife and support staff.

All proceeds from the run will benefit these two wonderful community organizations. The support of the running community has been so appreciated for the last five years and we hope you will join us for our seventh anniversary.

Trinity Lutheran Church
presents the

Seventh Annual

²⁻²⁻¹⁹
Chocolate
Frosted Buns
5K



AND

FREE

1/2 Mile Fun Run

February 2, 2019

5K Start - 9:15am

Conrad Weiser
High School
Robesonia, Pa

With SWEATSHIRTS OR GENDER
SPECIFIC TECH Shirts!!

Event Details

Event Date: February 2, 2019
(rain, snow, or shine)

Start/Finish: Conrad Weiser High School Cafeteria
44 Big Spring Rd
Robesonia, PA 19551

Schedule: 7:30-9:10 Registration
8:45 1/2 mile Fun Run
9:15 5k Run
Awards to follow 5K

5K Age Groups: 10 and under 11-14
15-19 20-29
30-39 40-49
50-59 60-69
70 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: www.pretzelcitysports.com following the event.

Contact: Darrell Rosenberger
chocolatefrostedbuns5k@gmail.com
610-858-3325 (cell)

Amenities: Indoor Registration and Bathrooms.

Free professional finish line photographs at www.flickr.com/cfb5k after the race.

Fast flat course.

FREE 1/2 mile fun run (if pre-registered).

Lots of shirt options:
Sweatshirts, Gender specific tech shirts, no shirts!

Post-race refreshments with lots of chocolate!

Chocolate Frosted Buns 5k

PARTICIPANT REGISTRATION

Name: _____

Address: _____

City: _____ St.: _____ Zip: _____

Email: _____

Phone: _____

Emergency Phone: _____

Age (as of 2/2/19): _____

Gender: Male Female

Tech Shirt

MENS:	S	M	L	XL	XXL
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^{*OR*}

LADIES:	S	M	L	XL
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Sweatshirt

Unisex:	S	M	L	XL	XXL
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^{*OR*} No Shirt

Save \$6

Registering for:

5K 1/2 Mi. Fun Run

Entry Fees(Received): Before 1/22/19 1/23/19 and after
5K \$24.00 \$29.00
5K – No Shirt \$18.00 \$23.00
1/2 Mile (no shirt) FREE! \$3.00

Pre-registration 5k participants are guaranteed to receive a long-sleeve shirt if registration is received by January 22, 2019. 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 your registration is not received by January 22nd.

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 have read and understand the above waiver.

Signature: _____

Date: _____

Parent Signature if under 18 years of age:

_____ Date: _____