

# 6th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 8, 2019 – Run/Walk begins 10:00 a.m.



### **ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!**

Please register on-line @ [pretzelcitysports.com](http://pretzelcitysports.com) by **August 19, 2019**

(or complete paper registration form below) and receive a free t-shirt and goodie bag: Adults - \$20, Kids 9-17 - \$10, Kids 8 & under - Free  
(no shirt for kids 8 & under due to free entry)

After August 19, 2019 and on Race Day:

Adults - \$25, Kids 9-17 - \$15, Kids 8 & under - Free

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:** Goodie bag w/ t-shirt to all registrants 9 & over (while supplies last for on-line registrations after August 19<sup>th</sup> and mailed registrations postmarked after August 19<sup>th</sup>); 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. In case of rain, Gring's Mill has a huge barn to house the activities. No refunds or mailed awards. Results published at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days after race.

**5K AWARDS:** Awards for the male and female 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall winners; 3 awards (male or female) for age categories 9-11, 12-14, 15-17; 3 male and 3 female awards for age categories 18-29, 30-39, 40-49, 50-59, 60+, and Survivor awards 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall winners.

### **FAMILY FRIENDLY EVENT!!**

Rock painting, 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: [pretzelcitysports.com](http://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](mailto: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: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ Youth: L \_\_\_\_\_

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: \_\_\_\_\_

**Amelia's Voice**

Welcome to the 6th Annual Hear Our Voices Team Holly 5K! This event meant a lot to my mother, and continues to mean a lot to my family, BCSS, and this community. Thank you for coming!

My mother helped start this 5K five years ago and I never would have thought it would turn out to be as amazing as it is. We help a lot of people at BCSS and we have a lot of fun doing it!

Toward the end of my mother's time with us, I wondered about how she would want to be remembered and I never imagined that this 5K would actually become such a large part of that.

And I think that is what she would want -- that 5 years after she passed away, people are still hearing her voice.

**Amelia Lamont, the one and only daughter of Holly Lamont, Cancer Ninja**



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**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 2018 BCSS...**

- \*Counseling Assistance Program
- \*Survivor Financial Aid Program
- \*500+ inquiries answered
- \*El Poder del Rosado-programs for Spanish speakers
- \*Yoga, Lunch & Learn and 50 Shades of Pink Programs
- \*Provided prostheses, wigs, bras and comfort bags for women
- \*Support groups & Support Line 7 days
- \*Face 2 Face support groups for survivors under age 45 and newly diagnosed

**To Learn More About BCSS... Please visit [www.bcssberks.org](http://www.bcssberks.org) and "like" us on Facebook.**

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**I am unable to attend the BCSS 5K, but 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. Thank you!

**Name\_\_\_\_\_Street Address\_\_\_\_\_**

**City\_\_\_\_\_State\_\_\_\_\_Zip\_\_\_\_\_Phone\_\_\_\_\_**

**Email\_\_\_\_\_@\_\_\_\_\_**

**Donate online at [www.bcssberks.org](http://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.