

## 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](http://www.flickr.com/cfb5k)) your full resolution pictures absolutely free.

We offer gender specific tech race shirts or a unisex crew-neck sweatshirt. Or, if you are not a shirt person, opt out and save six dollars.

## About the 5k

Entering our eighth year the Chocolate Frosted Buns 5k is solely benefiting the Conrad Weiser Food Pantry and the Western Berks Free Medical Clinic. In our first seven years, thanks to the generosity of our amazing sponsors and so many wonderful runners, we have been able to provide approximately \$35,000 to these two deserving organizations.

In the first 9 months of 2019 the Conrad Weiser Food pantry served 1,127 families including 1,107 children under the age of 17, and 597 seniors. The need in our community is real and over three thousand of our neighbors have food to eat because of this organization that we have the honor to support.

The Western Berks Free Medical Clinic is a non-profit organization that has been providing free medical 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.

Trinity Lutheran Church  
presents the

*Eighth Annual*

<sup>2-1-20</sup>  
*Chocolate  
Frosted Buns*



AND

FREE

**1/2 Mile Fun Run**

**February 1, 2020**

**5K Start - 9:15am**

**Conrad Weiser**

**High School**

**Robesonia, Pa**

With **SWEATSHIRTS OR GENDER  
SPECIFIC TECH** Shirts!!

## Event Details

**Event Date:** February 1, 2020  
(rain, snow, super cold, or shine)

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

**Schedule:** 7:30-9:10 Registration  
8:45 ½ 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](http://www.flickr.com/cfb5k) after the race.

Fast flat course.

FREE 1/2 mile fun run

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: \_\_\_\_\_

Age (as of 2/1/20): \_\_\_\_\_

Gender:  Male  Female

Tech Shirt 

MENS:	S	M	L	XL	XXL
-------	---	---	---	----	-----

<sup>\*OR\*</sup>

LADIES:	S	M	L	XL
---------	---	---	---	----

Sweatshirt 

Unisex:	S	M	L	XL	XXL
---------	---	---	---	----	-----

<sup>\*OR\*</sup> No Shirt 

Save \$6
----------

Registering for:

5K  ½ Mi. Fun Run

<b>Entry Fees(Received):</b>	Before 1/21/20	1/22/20 and after
<b>5K</b>	\$24.00	\$29.00
<b>5K – No Shirt</b>	\$18.00	\$23.00
<b>1/2 Mile (no shirt)</b>	FREE!	FREE!

Pre-registration 5k participants are guaranteed to receive a shirt if registration is received by January 21, 2020. Entries after that date will receive a 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 21, 2020.

**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: \_\_\_\_\_