

SEVENTH ANNUAL CELEBRATING SALLY 5K

MEMORIAL RUN • RUN/WALK • VIRTUAL 5K RUN

PRE-REGISTRATION BEFORE JUNE 4TH

\$25 for 5K Run & Memorial Mile Run/Walk
(includes Tech Shirt)

\$30 for Virtual 5K (includes Tech Shirt)

RACE DAY REGISTRATION BEGINS AT 8:00 AM – PERSONNEL PARKING LOT

\$30 for 5K Run & Memorial Mile Run/Walk

*Shirt NOT guaranteed—available while supplies last

5K AWARDS:

Male & Female 1st & 2nd in 5K

5K ADDITIONAL AWARDS:

Under 14: 3M-3F 15-19: 3M-3F

20-29: 3M-3F 30-39: 3M-3F 40-49: 3M-3F

50-59 3M-3F 60 and older: 3M-3F

Please Note: Virtual runners are not eligible
for awards

RAIN OR SHINE EVENT
SNACKS AND BEVERAGES FOR
ALL IN-PERSON ATTENDEES!



SALLY S. MIKSIEWICZ

Sally Miksiewicz, a life-time resident of Berks County, PA was a 1984 graduate of Moravian College, where she received her B.A. degree in Business Management & Sociology. Sally was the CEO and Vice Chairman of East Penn Mfg. (Deka Batteries), one of Berks County's largest employers. Sally worked diligently to lead the family business in a vastly growing industry. She was well known for her vibrant smile and her loving, passionate, generous, humble personality that impacted innumerable lives.

On the morning of June 20, 2014, during her regular morning jog, Sally was struck by a motorist, and was tragically killed. A company, community, and family devastated by her loss wish to continue the "run" she began and continue her legacy. This annual Memorial Run in her name raises money for one of her deepest passions, helping others to further their education.

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OPEN TO THE PUBLIC

**SATURDAY,
JUNE 11, 2022**

9:00 AM – 5K RUN

**9:10 AM – MEMORIAL MILE
VIRTUAL 5K RACE AVAILABLE**

East Penn Mfg. Co. Inc.,
Lyon Station, PA 19536

**THIS RACE IS INSURED BY THE ROAD
RUNNERS CLUB OF AMERICA**

Checks payable to & mailed to (with waiver):
The Sally Breidegam Miksiewicz Memorial
Foundation, c/o Scott Anders, 273 Deer Run Rd.,
Kutztown, PA 19530

Name _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Male Female Age on Race Day: _____

Date Of Birth _____/_____/_____

If East Penn Employee: Bldg _____

EVENT INFORMATION:
(Check event entered)

- 5K Run (\$25) by June 4, 2022, guaranteed shirt
- 5K Run (\$30) after June 4, 2022,
shirt available while supplies last
- Mile Memorial Walk/Run (\$25) by June 4, 2022,
guaranteed shirt
- Mile Memorial Walk/Run (\$30) after June 4, 2022
shirt available while supplies last
- Virtual 5K Run (\$30) by June 4, 2022,
guaranteed shirt

SHIRT SIZE:
(Check One)

S M L XL 2X

Tech Shirts will be distributed to all pre-registrants
the day of the race

LIABILITY WAIVER

**Must be signed to participate in the
Celebrating Sally 5K/Memorial Mile**

Waiver:

I know that running a road 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 may be traffic. 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 effects of weather and the condition of the 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 Pretzel City Sports, East Penn Mfg. and any subcontractor's it utilizes, all municipalities, including Richmond Township in which the race is held, the race committee, volunteers, any and all sponsors including their agents, employees, assigns or any acting 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, my participation in this event(s). This waiver extends to all claims of every kind of nature what so ever, foreseen or unforeseen, known or unknown. **I HAVE READ AND UNDERSTAND THIS WAIVER if under 18, legal guardian must sign.**

NOTE: Volunteers will be on hand to guide participants.

Signature: _____

Date: _____

(Parent's Signature if under 18 years of age)

ONLINE REGISTRATION:

Online registration can be made via credit card at www.pretzelcitysports.com. Registration closes at midnight, June 4, 2022. Nominal service charge applies

DIRECTIONS:

(GPS Address: 102 Deka Rd. Lyon Station, PA 19536)

VIRTUAL 5K PARTICIPANTS:

Participants must email celebratingsally5k@gmail.com by June 11 with your 5K time to be included in the Pretzel City race day results.

COURSE DESCRIPTIONS:

Course is wheel measured, 5K is challenging with hills, rough roads and scenic views. Memorial Mile is a fairly level course. (Deka, Ruth, & Heffner Rds.)

PARKING:

Parking is available on East Penn Property, please enter Gate #2 via Fleetwood/Lyons Rd.

THE SALLY BREIDEGAM MIKSEWICZ SCHOLARSHIP FUND:

This fund was created to provide financial assistance to Moravian College Attendees, despite personal challenges and adverse circumstances in their lives.

DONATIONS:

If you wish to donate (any amount), but are unable to participate. Visit www.PretzelCitySports.com.

Please Note: Any amount paid to Pretzel City over the registration fee will be donated to the Sally Breidegam Miksiewicz Memorial Fund at Moravian College.

Those wanting a proof of donation for tax purposes should include a separate check, for the donation amount only, made out to "The Sally Breidegam Miksiewicz Memorial Foundation".

**QUESTIONS OR SPONSOR
INFORMATION, CONTACT:
CELEBRATINGSALLY5K@GMAIL.COM**