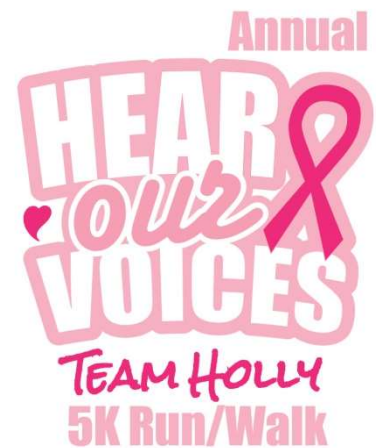


# 8th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 11, 2022 – Run begins 10am/Walk begins 10:05am



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

**Please register on-line @ [pretzelcitysports.com](http://pretzelcitysports.com) by August 22, 2022**

(or complete paper registration form below) and receive a free t-shirt

Adults - \$20, Kids 9-17 - \$10, Kids 8 & under - Free

(no shirt for kids 8 & under due to free entry)

After August 22, 2022 and on Race Day:

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

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 handed out at registration to 9 & over while supplies last; survivor t-shirt for all pre-registered 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 male and 3 female awards for age categories 8-Under, 9-11, 12-14, 15-17, 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, 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:** Vanessa Collins, contact her at 610-478-1447 or [Vanessa@bcssberks.org](mailto:Vanessa@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: \_\_\_\_\_

## Vali's Reflection

Hello and welcome to the 8th Annual Hear Our Voices: Team Holly 5K Run & Walk to support Breast Cancer Support Services of Berks (BCSS)! Holly was one of the founding members of this event and she was my sister-in-law and my friend. Holly was all about family, faith, creativity, education, friends, animals, humor, and supporting each other. I think about Holly every day. I have a ring of hers and when I wear it, I twist it around and talk to her. She's my angel so I'm always asking her to watch over me and my family. I met Holly at Alvernia University and I introduced her to my brother Greg. Greg and Holly's daughter Amelia is in her freshman year at Bloomsburg University, their youngest son Calvin is excelling in school, and Greg's son and Holly's stepson Collin is a graduate assistant at Alvernia University. Greg completed yoga teacher training and teaches Bikram yoga in addition to holding down a full-time job. Everyone has moved on, but Holly remains a central inspiration in all our daily lives.



Holly would be so proud of her family and everything they have accomplished. She would be gobsmacked to know how much we've raised in support of BCSS over the years and that her legacy still lives on with Team Holly. Michele Reinert and her incredible staff have taken the walk to a new level and I'm so grateful for their professionalism. Thank YOU for continuing to support the Team Holly event over the years. It means the world to Holly and her friends and family. We know that for sure because these are words she wanted read at her funeral: "Please continue to support Breast Cancer causes in my name. Please help find a cure, please. Too many of us have been taken. It needs to end." We're trying Holly. Please support Breast Cancer Support Services!! Please help them bring survivors together. *We Love You, Vali*

**Vali Heist, Sister-in-Law of the "Cancer Ninja," the late Holly Lamont, who fought through a Stage 4 diagnosis for 3.5 years to be there for her family, friends & fellow survivors, who she loved dearly.**

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**Breast Cancer Support Services of Berks (BCSS)...** is a local organization that provides hope, information and emotional support to **every person** affected by breast cancer.

### In 2021 BCSS...

- \* NEW program: Face Up to Safe Beauty
- \* Updated Comfort Bag & Debuted a Men's Comfort Bag
- \* Added Creative Art workshops for Survivors and their families
- \* Expansion of planning committees
- \* Shifted to a hybrid programming format to offer programs both in person and virtually



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

.....Please Print Clearly.....

**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 is a 501 (c) 3 organization, deductions to which are tax-deductible as permitted by law. Federal ID: 23-2762595. No goods or services are provided unless otherwise specified above. 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 Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.