

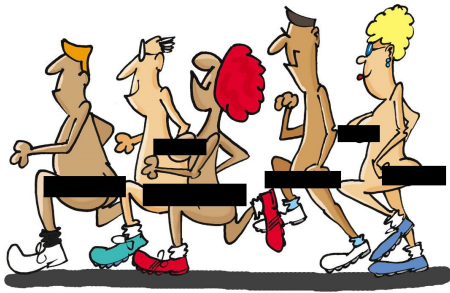
Pretzel City's run that's 40% non-technical trail, 60% road and 117% MEMORABLE! the 14th annual

BOUNCING BUNS

"Clothing Optional" 5.5K Race

& 1 M Fun Run/Walk-Sunny Rest Resort, Palmerton PA

SAT., AUG 12, 2023 ** 10 AM



Run in a Snow Suit, a Birthday Suit or anything in-between!

Location: Sunny Rest Resort, 20 miles N. of Allentown. Just off NE PA Turnpike, near Palmerton. Free use of resort for the day w/entry or spectator fee-a **\$62+ value for most:** pool, hot tubs, poolside bar, restaurant, gym, trails, volleyball, tennis and lots more! Clothing may be worn anywhere except in pool (may be dressed poolside) & hot tubs. **Unique Distance: 5.5K (3.41 miles)** all who did not do race before WILL run a personal best for that distance! Fun run is 95% on road.



For camping reservations at Sunny Rest, call 610-377-2911 or visit the website www.sunnyrest.com

Address: 425 Sunny Rest Rd, Palmerton, PA 18071 (near exit 74 NE Ext. PA turnpike)

Awards: Top M & F plus: **0-39: 7M, 7F 40-49:5M, 5F 50-59:5M, 5F 60-69:4M, 4 70+ 4M, 2F**

Top M & F Sunny Rest Member; also eligible for age group awards

Registration/Fee: Reg opens at 9 AM, 5K at 10 AM. Must be 18+ to enter race & facility unless with a parent. \$35 if postmarked by Mon, 7/24 w/T-shirt & free use of the resort all day. After that, \$40 up to and including raceday, \$33 when shirts are gone. **SUNNY REST MEMBERS:** \$20 thru 7/24, \$25 after that till raceday till shirts run out; then \$18. Clothed runners VERY welcome! **NOTE:** \$15/person resort entry fee for all spectators - pay raceday at registration table, also can stay all day. **PART OF EACH ENTRY FEE (PLUS ANY MONEY YOU ADD) GOES TO THE AMER. CANCER SOCIETY!** Instant results, cash bar/restaurant, poolside awards. No photos please! Results online using only first name, last initial, state, age, & gender. **DO SOMETHING YOUR FOLKS WOULD BE ASHAMED OF, IF THEY KNEW & SHARE WITH THE WORLD THOSE POORLY THOUGHT-OUT TATTOOS THAT YOU GOT ON NORMALLY UNEXPOSED AREAS OF YOUR BODY, WHILE IN COLLEGE & WHILE SLIGHTLY INEBRAIATED!**

Optional Online Registration Available & recommended at www.pretzelcitysports.com

(closes at midnight, Wed before the race-nominal service fee applies-very few extra shirts ordered over prereg total so enter before raceday!)

Check Payable to & Mailed to (with waiver): PRETZEL CITY SPORTS, 112 W. 36TH ST., READING, PA 19606

Biggest Buns: Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com

Last Name _____ First Name _____

Street Address _____ City _____

State _____ Zip _____ T-Shirt Size: S M L XL 2X Sunny Rest Member? _____ Yes _____ No

(while they last, waiting till race day to enter has resulted in many "day ofs" not getting a shirt the last 2 years)

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Tel:(_____) _____ AM? PM? BOTH?

(must be 18 or older or have a parent present if not)

(circle one)

Email _____ Already get Run Update eNewsletters? _____ Yes _____ No

WAIVER: I know that running a trail 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 will be traffic, hazards, debris and poor footing on the course and assume the risk for running on it. 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 affects of the weather, getting lost, wildlife and insect attacks and 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, Sunny Rest Resort, all municipalities in which the event is held, the race director, course officials, all other organizations directly or indirectly associated with the race, and any 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 what so ever, foreseen or unforeseen, known or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature _____ Date ____/____/2023

Buns App May be copied * Must be signed with legal name
Cash or check **ONLY** for raceday payment,
ATM may not be available * Insurance Issued by R.R.C.A

Additional Donation for the American Cancer Society (totally optional but VERY appreciated) \$ _____