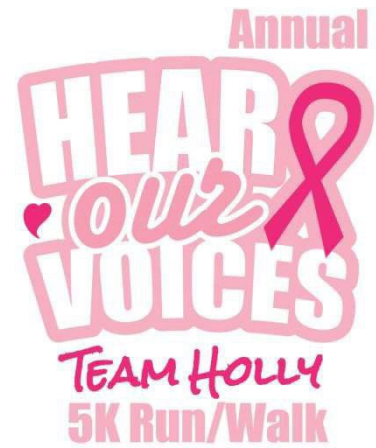


# 9th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 10, 2023 – Run begins 10am/Walk begins 10:05am



### ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!

Please register on-line @ [pretzelcitysports.com](http://pretzelcitysports.com) by **August 15, 2023** (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 15, 2023 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:** Emily Lux, contact her at 610-478-1447 or [Emily@bcssberks.org](mailto:Emily@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: \_\_\_\_\_

Welcome to our 5K! 10 years ago, my late wife, Holly and her friend Elizabeth Keller brainstormed an idea they had to fundraise for BCSS.

The two requirements as they saw it were:

1. Raise money for BCSS.
2. Have fun with their friends.

10 years later, we're still raising money for BCSS and having fun with our friends! They had no idea their simple and humble intentions would carry on like this.

Each year our 5k brings hundreds of people together at beautiful Gring's Mill. We walk, run, play, raffle (in Berks County, raffle is a verb) and generally just hangout and have a good time while raising money for an organization that means so much to many.

And so the 'two requirements' are certainly fulfilled each year. And BCSS continues to give hope, friendship, and real practical support to breast cancer survivors in Berks.

Please join us! Thank you!!

**Greg Lamont**  
Husband of the late Holly Lamont, co-founder of the annual Team Holly / Hear Our Voices 5K



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 2022 BCSS...

- \* Expanded Creative Arts Programing
- \* Offering monthly daytime programs
- \* Formed new partnerships and collaborations
- \* Added programs to include family members
- \* Additional programs presented at BCSS and off-site



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.