

Pretzel City Sports hope that you'll help US help a GREAT friend to our running community; the

# “Bucks4Bennie”

## 5k Run/Walk\* Sun, Nov 26, 2023 \* 9 AM

### Trooper Thorn's Irish Beef House, Rt. 10, Reading, PA

**PLEASE READ-VERY IMPORTANT!!** For almost 20 years, the owners & staff of Trooper Thorns have been WONDERFUL friends to the regional running community. They've hosted over 160 races there and gave a free beer to every entrant; that's a LOT of beer! But now, they need OUR help. On Sept 3<sup>rd</sup>, 2023, their 3<sup>rd</sup> grandchild was born; Bennie, son of their daughter/ parttime staff member Nicquie and her husband, Head Chef Eddie. Ed & Nic knew even before Bennies' birth that he was in grave danger and would require extensive medical help just to survive. He has already had 2 major operations and will have 4 major ones in the first 3-5 months of his life. He'll be in Childrens Hospital of Philadelphia for at least the first 3-4 months of his life and in the first 5 years of his life, he's expected to spend more time at CHOP than he will back home in Reading. Fortunately, insurance is covering most of the expenses relating to saving this child's life but not ALL. The cost of gas, parking, food, lost work time, etc., that the parents are incurring, none of which is covered by insurance, has been a tremendous financial drain on the family and HERE is where we all get to help. Pretzel City Sports has created this race so we can do whatever we can to help dear friends of ours that certainly have helped our running community for YEARS! Naturally, Pretzel City Sports is donating 100% of its services (Nicquie & Ed are close friends of ours) plus **EVERY SINGLE CENT** of profit & donation will go to the family. PLEASE consider adding this event to your Fall racing schedule; rarely will you be able to make a more "direct" impact on a worthwhile cause!

**LOCATION:** Trooper Thorn's Irish Beef House, 451 Morgantown Rd. (Rt 10), Reading, (1/2 mile off Lancaster Ave exit of the Rt. 422 Reading Bypass-take an immediate left after leaving the Reading By Pass). Registration opens at 8 AM. Race is on Thun RailTrail behind Troopers, almost road-like. Clock at finish, light snacks, instant results, great meals for purchase, loads of street parking, etc. **1 FREE SELECT BEER OR SODA WITH EACH ENTRY!** Walkers welcome; walk the whole thing or just part. NOTE: In the case of the trail being snow-covered, an alternate road course will be used.

**AWARDS:** 1<sup>st</sup> M & F + top 3 Males & Females in the following: 0-13 14-19 20-29 30-39 40-49 50-59 60-69 70-79 and 80+ (2 M, 1F) Clydesdales: Top 3 M and F Clydes regardless of age. **Qualifying Weight:** Men: minimum of 210 lbs. or 185 if 5 ft, 9 inches tall or less. Women: min of 160 lbs., 140 if 5 ft, 4 inches tall or less.

**ENTRY: with long sleeve cotton shirt:** \$30 if entered by Mon, 11/13/23, \$35 after that, including raceday while shirt supplies last; \$30 when gone. **with no shirt:** \$25 if entered by Mon, 11/13/23, \$30 after that, including raceday. **A free select beer or soda with every entry.** Held rain, shine, snow or snow on ground. No refunds, mailed shirts or awards. Limited number of extra shirts ordered so PREREGISTER! Note: shirt type may be changed if availability problems occur.

**Online Registration on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) until midnight, the Wed of race week (nominal service charge applies. Separate link on same site can be used to make donations )**

**Check Payable to & Mailed to (with waiver): PRETZEL CITY SPORTS, 112 W. 36TH ST., READING, PA 19606**  
**Questions? Ron Horn, [rhornpcs@aol.com](mailto:rhornpcs@aol.com) , 610-779-2668, [www.pretzelcitysports.com](http://www.pretzelcitysports.com)**

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Street Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Cotton T-Shirt Size: S M L XL 2X Tel:(\_\_\_\_) \_\_\_\_\_ AM? PM? BOTH? (circle one)  
Sex: M F Race Day Age \_\_\_\_\_ Clydesdale? \_\_\_\_\_ Yes \_\_\_\_\_ No Date of Birth\_\_\_\_/\_\_\_\_/\_\_\_\_  
Email \_\_\_\_\_ Already get Run Update eNewsletters? \_\_\_ Yes \_\_\_ No

WAIVER: I know that running a 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, 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 what so ever, foreseen or unforeseen, known or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/23 **Additional Donation For Bennie (totally optional) \$ \_\_\_\_\_**  
App may be copied. Waiver must be signed! Cash or check ONLY for raceday payment. Insurance by R.R.C.A.