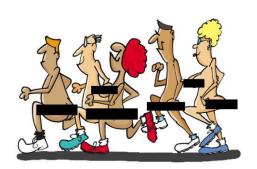
Pretzel City's run that's 40% non-technical trail, 60% road and 1000% MEMORABLE! the 15th annual



BOUNCING BUNS

"Clothing Optional" 5.5K Race

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

SAT., AUG 24, 2024 ** 10 AM

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

<u>Location:</u> 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 \$77+ 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. <u>Unique Distance:</u> 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 <u>www.sunnyrest.com</u>
Address: 425 Sunny Rest Rd. Palmerton, PA 18071 (near exit 74 NE Ext. PA turnpike)

<u>Awards:</u> Top M & F +: 0-39: 6M,6F 40-49: 5M, 5F 50-59:5M, 5F 60-69:5M, 4F 70-79: 4M,2F 80+: 2M Top M & F Sunny Rest Member; also eligible for age group awards. Top age group for females is 70+.

5.5k & 1M Registration /Fee: Reg opens at 9 AM, 5K at 10 AM. Must be 18+ to enter race & facility unless with a parent. \$40 if postmarked by Tues, 8/6 w/T-shirt & free use of the resort all day. After that, \$45 up to and incl. raceday, \$40 when shirts are gone. SUNNY REST MEMBERS: \$25 thru 8/6, \$30 after that till raceday till shirts run out; then \$25. Clothed runners VERY welcome! NOTE: \$20/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 (OR MORE) BUZZED!

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 N	ame	
Street Address		City	
StateZipT-Shirt	Size: S M L XL 2X waiting till race day to enter has resulted in many "day	Sunny Rest Member?Yes1 of some getting a shirt the last 2 years)	No
Sex: M F Race Day Age (must be 18 or older or have a		AM? PM? (circle o	
WAIVER: I know that running a trail race is a potentially hazardous for running on it. I also assume any or all other risks associated with r known and appreciated by me. Knowing these facts, and in considerat discharge Pretzel City Sports, Sunny Rest Resort, all municipalities in assigns or anyone acting for on their behalf, or anyone else associated	uctivity. I should not enter and run unless I am medically able unning or attending the race including but not limited to fals, ion of your accepting my entry fee, I hereby for myself, my hei which the event is held, the race director, course officials, all o n any way with the race, from any or all claims or liability for	eady get Run Update eNewsletters? Yes_ and properly trained. I also know that there will be traffic, hazards, debris and poor foo contact with other participants, the affects of the weather, getting lost, wildlife and insec irs, executors, administrators or anyone else who might claim on my behalf, covenant not ther organizations directly or indirectly associated with the race, any and all sponsors in death, personal injury or property damage of any kind of nature what so ever arising or unknown. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAN	ting on the course and assume t attacks and all such risks be t to sue, and waive, release and acluding their agents, employe at of, or in the course of, my SD THIS WAIVER:
Signature	Date//2024	Buns App May be copied * Must be sign Cash or check ONLY for raceday payme ATM may not be available * Insurance I	ent,