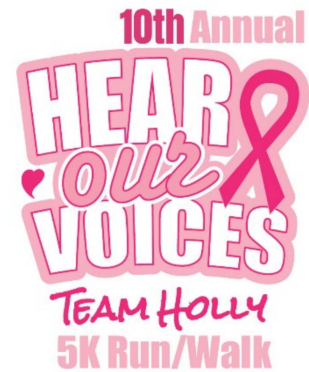


# 10th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 8th, 2024 – Run begins 10am/Walk begins 10:05am



### ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!

Please register on-line @ [pretzelcitysports.com](http://pretzelcitysports.com) by **August 12, 2024** (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 12, 2024 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 run along the Union Canal Towpath Trail and ends back at Grings Mill. 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 [pretzelcitysports.com](http://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, 60-69, 70+, 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. Turn 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:** Madisyn Klein, contact her at 610-478-1447 or [Madisyn@bcssberks.org](mailto:Madisyn@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: \_\_\_\_\_

I met Holly for the first time shortly after I started my job as an oncology social worker at the Reading Hospital in early 2014 (10 years ago!!!). Holly was a young mom of two beautiful children who knew that one day, despite our best treatments, there would be a time when she wouldn't be with us any longer. How do you begin to think about doing such an impossible thing? So, I started meeting with Holly almost weekly when she came in for treatment and we decided that she wanted to do "something". She didn't know what, but I felt like she wanted to leave a legacy; do something that people would remember her for, something that would create community, hope, and joy in her name. Enter Breast Cancer Support Services of Berks County and the idea of doing a local 5K in the fall of that year to earn money for all of the incredible programs that are offered and had helped Holly so much along the way. Our first year we had 165 participants and raised \$3,032. When Holly passed just a couple of months after that first race, there was so much momentum, love, and excitement that we decided to keep it going. We continued to run the race every year and last year we had 400 participants and raised \$28,000. Every year I get the chance to remember Holly and see how her family has grown, changed, and shows love for each other. When I stand at the start line, I always look around and hope that Holly can see how far her idea has stretched, how loved she is, and how her "something" helps keep her with us 10 years later. With the help of the proceeds of this race BCSS has been able to grow their programs incredibly. They are now offering 19 programs from Newly Diagnosed, to Young Survivors, to Lunch and Learns, and Creative Arts, etc. I'm honored to be asked to write the introduction this year. BCSS was a place Holly went to when she was lost and needed to find her footing. Because of Holly BCSS can continue to help hundreds of women, men, and families every year walk a similar path as Holly did through their breast cancer diagnosis and treatment. Without BCSS some of our patients would choose not to reach out at all so we are so very lucky to have BCSS in our own backyard! Please consider joining us and supporting BCSS. You can find me at the starting line as always; I run for Holly, and I hope you will, too!



**Breast Cancer Support Services of Berks (BCSS)...** provides hope, emotional support, education, and resources to **every person** affected by breast cancer."

#### In 2023 BCSS...

- \* Expanded office space to add an additional 1,200 sq. ft. for a secondary program area, additional staff office space, and an event/storage room
- \* Launched the BCSS Ambassador Program
- \* Expansion of Creative Arts offering to include a Fiber Arts Program
- \* Increased number of daytime and family program offerings
- \* Added a new staff member to oversee the Ambassadors and Volunteers



**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'.**