



SERVING PENNSYLVANIA FAMILIES EXPERIENCING PREGNANCY AND INFANT LOSS - EST 2021

# Teddy Foundation 5K AND 1 MILE FUN RUN READING, PA

**SUNDAY JUNE 1, 2025**

**9:00 AM 5K / 9:30 AM 1 Mile Fun Run**

**WHO:** Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course, running is not required. Rain or shine, no rain date, no refunds. Mostly flat course on the Thun Trail. The course goes 1.55 miles out to turn around and returns to start. Almost all packed cinder or paved trail.

**WHAT:** The Teddy Foundation 5k, supporting their mission of supporting local families experiencing pregnancy and infant loss. Raffles and merchandise available for purchase at event.

**WHERE:** Trooper Thorns Irish Beef House  
451 Morgantown Road (Rt. 10), Reading, Pa 19611

**WHEN:** Sunday June 1, 2025

8:00 a.m. – Registration begins

9:00 a.m. – 5K Run begins

9:30 a.m. – 1 Mile Fun Run/Walk

10:15 a.m. – Award presentation at finish line

**DIRECTIONS:**

- Trooper Thorns is ½ mile south of Lancaster Ave exit of the route 422 Reading Bypass – go under bypass, take an immediate left.
- Registration will be located along the grassy side of Trooper Thorns.

**QUESTIONS:** Call **Mary Pahl – (484)650-8414**

**HOW:** Complete the form below and submit appropriate amount.

**5k / 1 Mile Fun Run Entry Fee:** \$25 with t-shirt guaranteed if registered by **May 15**. Registrations received after May 15, including race day \$30 with shirts available while supplies last. Size requests will be honored to the best of our ability, but size may be substituted. Ages 5 and under are free to join parents in the 5K or 1 Mile Race, no shirt provided. Please register children ages 5+.

**\*ONE FREE BEER/SODA at Trooper Thorns** will be provided to the first 150 over 21 yrs. old participants registered!

**Virtual Option:** \$30 – We will mail a T-shirt upon request and depending on size availability. Please only circle a size below if you are requesting a T-shirt to be mailed.

\*Optional Online Registration Available at

<https://www.pretzelcitysports.com/online-registration/>

(Nominal service fee applies, closes midnight, Wed. of race week)

**5k AWARDS:** Medal will be presented to Overall Male and Female Champion. Medals presented to top three (3) Male and three (3) Female finishers in each of the following age buckets: 14 and under, 15-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years.

**RESULTS:** Finish line and timing service by Pretzel City Sports. Race Results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**REGISTRATION: Teddy Foundation 5k / 1 Mile Fun Run** Complete this portion. Detach and mail. Include registration fee to be received by May 15th. Registrations received after May 15th will not guarantee a shirt. Checks payable to **The Teddy Foundation**.

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_

Gender: Male Female Event (circle one): 5K RUNNER/WALKER or 1 Mile WALKER/RUNNER or VIRTUAL

Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

T-shirt size (circle one)  
Youth L M S  
Adult S M L XL XXL

**WAIVER/RELEASE:** 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 on the course and assume the risk for running in traffic. 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 and the condition of the 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 The Teddy Foundation, any subcontractors & facilities it utilizes, all municipalities in which the race is held, the race committee, volunteers, 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. By entering this race, I am granting permission to The Teddy Foundation to use any pictures or likenesses of me secured at the event in any way they see fit without review, restriction or compensation I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign.

Signature X \_\_\_\_\_ Date \_\_\_\_\_

(Parent or guardian's signature if less than 18 years of age.)

**Please make checks payable to The Teddy Foundation and mail to:  
The Teddy Foundation 123 High Blvd Shillington Pa, 19607**