

Individual Registration

# 11th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 14th, 2025 – Run begins 10am/Walk begins 10:05am



### ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!

**Please register online @ [pretzelcitysports.com](http://pretzelcitysports.com) by August 18, 2025**

(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 18, 2025 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 Gring's Mill. Awards ceremony to follow.

**AMENITIES:** Goodie bag handed out at registration to ages 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 are 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: \_\_\_\_\_



Over 15 years ago, my sister-in-law started her journey with Breast Cancer. This journey had a lot of twists and turns that included a very overwhelming National Breast Cancer Walk near Holly’s hometown. Our family supported Holly by attending those walks, by gathering together as family, doing meal trains, doing hair cutting marathons and by reading her hilarious email updates. But for Holly there was always a void. Holly found support locally through the Breast Cancer Support Services of Berks. By getting involved with BCSS there were people who understood her frustrations with this ugly disease. As she would say “it is not all about pink ribbons and bows.”

As the years went along, Holly embraced her journey and all the people, the events and the programs at BCSS. But Holly felt a calling. When she came to the family and said that she wanted to do a walk, all I could think about was the walk we did nationally with thousands and thousands of people in attendance. She told me, “We will start out small and build it.” And that is what we did. With the help of Holly, we built this community and this 5K with BCSS who has become family to us. The Hear Our Voices 5K has become Holly’s legacy. It has helped support breast cancer patients and survivors who need guidance or an ear to listen. Holly loved being involved with BCSS. It was her safe space and a huge support for her in her journey. When Holly passed our family wanted to continue our involvement with BCSS in her memory.

We will keep remembering Holly’s legacy through the 5K for many years to come. GO TEAM HOLLY and thank you Breast Cancer Support Services of Berks County. – Laurie Lamont Becker.

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



**In 2024 BCSS...**

- Opened the Massage Room offering one-hour massages with a licensed massage therapist.
- Launched the BCSS Book Club which meets once a month with a daytime or evening option to participate.
- Expanded the program offerings for our Creative Arts and Face Up to Safe Beauty workshops.
- Offered a 5-week series of Martial Arts classes at Wyomissing ATA.
- Added sound immersion to our 6-week Yoga program at Building 7.

**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.