

Pretzel City Sports' 5k where people can extend their running "streak", the "15th annual



Wiggle, Jiggle & Giggle

"Clothing Optional" 5k Road Race & 1 Mile Fun Run/Walk

Sunny Rest Resort*Palmerton, PA

SATURDAY, JUNE 20th, 2026 ** 10 AM

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

Join 150+ "young at heart-ers" to run the streets of Sunny Rest Resort; 80+ % racing in varying states of "undress". Cross this off your "bucket list" NOW! Run naked, partially naked or fully dressed, while giggling at one and all! The day before Fathers Day.

Location: Sunny Rest Resort, 20 miles North of Allentown PA. Just off the NE PA Turnpike, near Palmerton. Free use of resort for the day with each entry or spectator fee-a **\$77 value for most:** pool, hot tub, poolside bar, restaurant, night club, gym, trails, volleyball, tennis and lots more! Clothing may be worn anywhere except in the pool (may be dressed poolside) or hot tubs.



For room & camping reservations at Sunny Rest, call 610-377-2911 or visit the website www.sunnyrest.com

Address: 425 Sunny Rest Rd, Palmerton, PA 18071 (near exit 74 NE Ext. PA turnpike)

Awards: Top M & F plus: 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+.

5k & 1.55 Mile Registration/Fee: Reg opens at 9 AM, 5K at 10 AM. Must be 18+ to enter resort unless with a parent. \$40 if postmarked by Mon, 6/8/26, w/unique T-shirt to wear when you go to town & free use of the resort all day- (\$77 value on weekends). After that, incl. race day \$45 while the shirts last, \$40 when gone. **SUNNY REST MEMBERS:** \$25 till 6/8/26, \$30 after that including raceday til the shirts run out; then \$25. Clothed runners VERY, VERY welcome! **NOTE:** \$20 resort entry fee for all spectators - pay raceday at registration table, also can stay all day. **PART OF EACH FEE (PLUS ALL DONATIONS) GOES TO THE AMERICAN CANCER SOCIETY!** Instant results, cash bar/restaurant, poolside awards. No photos please! Results online using only first name, last initial, state, age, & gender. **BE SILLY! ACT YOUNG! DO SOMETHING YOUR KIDS WOULDN'T HAVE THE GUTS TO DO..... OR SHARE WITH THEIR FRIENDS THAT YOU DID!**

Optional Online Registration Available 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 Jiggler:** Ron Horn, rhornpcs@aol.com , 610-779-2668, www.pretzelcitysports.com INSURANCE PROVIDED BY ROAD RUNNER CLUBS OF AMERICA

Last Name _____ First Name _____

Street Address _____ City _____

State _____ Zip _____ T-Shirt Size: S M L XL 2X Sunny Rest Member? ____ Yes ____ No
(while they last, waiting till race day to enter has resulted in many "day ofs" not getting a shirt the last 2 years)

Sex: M F Race Day Age _____ Date of Birth ____/____/____ Tel:(____) _____ AM? PM? BOTH?
(must be 18 or older or have a parent present if not) (circle one)

Email _____ Already get Run Update eNewsletters? ____ Yes ____ No

WAIVER: I know that running a trail 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 ____/____/2026

Additional Donation Included for American Cancer Society (totally optional) \$ _____

Wiggle App may be copied. Waiver must be signed with legal name! Cash or check ONLY for raceday payment. ATM may not be available