



“Sponsored by: Safety Padding Ink”

LOCATION: Kulp Park-Lenape Park, 21 S 2nd St, Perkasio Pa. (Parking by tennis courts) Regist./ number pickup opens at 5:00 p.m. 5k starts at 6:00 p.m., 1 Mile Fun Run/Walk starts 6:40 pm.

COURSE: Flat paved scenic bike path that follows the creek and loops and pass the college campus.

5K AWARDS: 1st Overall Male & Female finisher plus Top 3 M/F in the following age groups: 18 & under: 19-29: 30-39: 40-49: 50-59: 60-69: 70 & up. Awards Ceremony immediately following 5K at the RAM

1M Fun Run/Walk all ages are welcome, event is untimed & awards not included but 1 drink at the RAM is on US.

Entry Fee 5k or 1 Mile Fun Run/Walk:\$35 add **\$20 for a shirt** if postmarked by Wed, July 29th, 2026 incl. guaranteed your t-shirt. Afterwards, incl. Race day, on the spot regist. \$40, t-shirts might be available on race day.

The Ram is partnering with the Grow-A-Pair Foundation and will be hosting the Awards Ceremony at the Beer Garden 606 W Chestnut St, Perkasio , Perkasio Pa 18944 just 3 blocks from the starting line. One drink ticket + One Raffle ticket (Under 21, soft drinks will served) will be include with your regist. We will also have a D.J. playing & The Ram Food Truck will be there, cash or card!

Optional Online Registration available at www.pretzelcitysports.com
(Nominal processing fee applies, closes at midnight, Sunday, Aug. 16th)

The Grow-A-Pair Mission

Grow-A-Pair was organized by Gentlemen Barbers to help raise awareness and spread the word about men’s health issues; such as male prostate and testicular cancer. The foundation strongly wishes to encourage men to get regular heart checkups and screenings.

RACE DIRECTOR: Melina Moore, 267-680-9605 or email me at Melina@grow-a-pair.org more info at www.grow-a-pair.org

MAKE CHECK PAYABLE TO “**Grow-a-Pair Foundation**”

MAIL CHECK& FORM BELOW TO: Grow-a-Pair (Att.Melina Moore) 209 W Main St, Lansdale Pa.

Last name _____ First name _____

Address _____ City _____ State _____ Zip _____

Circle one: 5K 1M Sex: M F Race day age: _____ Date of birth ____/____/____

Circle one: 5K With Shirt 1M With Shirt Circle Shirt Size (circle one) : S M L XL

Phone: (____) _____ A.M. or P.M.??

Email: (print clearly)

WAIVER: I know that running a road 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 Pretzel City Sports, GROW-A-PAIR FOUNDATION, any subcontractors 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 what so ever, foreseen or unforeseen, known or unknown. By entering this race, I am granting permission to Pretzel City Sports 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 _____

date ____/____/ 20__