

THE 1st ANNUAL

“Set the Pace” Heart Warriors 5k and 1.7M Honor Walk/Run

Presented by the International Heart Spasms Alliance & Taylor House Brewing Co.

Sat. September 12, 2026 10 A.M.
Taylor House Brewing Co., Catasauqua, PA

LOCATION/REGISTRATION: Starts at Taylor House Brewing Co., 76 Lehigh St. Catasauqua, PA. Registration/number pickup starts at 9:00 AM at the Brewery Parking Lot. 5k Starts at 10:00 AM, Honor Walk/Run starts at 10:45 AM.

COURSES: 5k Run or Walk is on the D&L Trail. Starts on asphalt but quickly moves to packed cinder, Trail can be varied but flat throughout. Honor Walk/Run is roughly 1.7 miles, on the D & L too. Honor event is an untimed event & does not include awards

AMENITIES: T-shirt guaranteed if pre-registered by 8/29/26, Finisher refreshments include 9 oz beer for ages 21 or over. We will have food trucks and all types of refreshments for purchase, indoor toilet facilities, parking. Please check website, a map will be up 2 weeks prior to event, parking onsite, on George Taylor Lawn and we will have a designated drop off area, you can also walk the Historic George Taylor House Grounds/possibly tour home, time clock at finish and instant results. Held rain or shine. No refunds or mailed awards. Results on www.pretzelcitysports.com the first business day after the event.

5k AWARDS: 1st Male and Female Plus the Top 3 Male & Females in the following age groups: 0-19, 20-29, 30-39, 40-49, 50-59, 60+. Select Brewery Merchandise to choose from for age groups and special award for overall male/female.

ENTRY: FOR EITHER WITH A SHIRT: \$35.00 with shirt guaranteed if registered by 08/29/26. After that date and including race day - \$40.00 while shirts last, \$35 when they are gone. **FOR EITHER WITH NO SHIRT:** \$30 if registered by 08/29/26, after that- \$35 up to and including race day.

Optional Online Registration Available at <https://www.pretzelcitysports.com/online-registration/>
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

GENERAL DIRECTIONS FOR ALL: from 22W take Airport Rd Exit then go to farthest left lane immediately off ramp to turn left onto Postal Rd. Take Postal Rd. Make a Right onto Irving St/Dauphin St. follow down hill to light use right lane for ramp to Lehigh St.; FROM 22E: take Fullerton Ave./Catasaquua Rd exit, LEFT at the light. Stay right. Go through two lights then make a right onto Bridge St (2nd right after Tom Adam's Windows/carpet store), after light at railroad tracks take a right onto Lehigh St. to drop off lot is on right, parking on left.

QUESTIONS? Contact the Race Directors: Annette annette@taylorhousebrewing.com 484-358-0468

CHECK PAYABLE TO “International Heart Spasms Alliance” & MAIL CHECK & FORM BELOW TO:
IHSA , 76 Lehigh St., Catasauqua, PA 18032

.....Please Print Clearly.....

Last name _____ First name _____

Address _____

City/State _____ Zip _____ Race day age: _____ Date of birth ____/____/____

Race (circle one): 5K Honor Walk Sex: M F Shirt Size: S M L XL XXL No Shirt

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

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, International Heart Spasms Alliance, Taylor House Brewing Company and 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. I HAVE READ AND UNDERSTAND THIS WAIVER: (if under 18, legal guardian must sign)

signature _____ date ____/____/ 2026