Highlights

This event is aimed at any and all ages and abilities! Regardless if you will run the 3.1 miles in fifteen minutes or leisurely stroll the course in an hour and fifteen we are excited to have you. This is absolutely a walker and family friendly event.

The race will begin in front of the high school at the Conrad Weiser Middle / High School complex. The route will take a long loop around the school parking lot before leaving for quiet community streets of Robesonia and finally returning to finish by the start line.

Both before and after the race the high school cafeteria (with indoor restrooms) will be open for you to keep warm.

There will be (weather permitting) a professional photographer taking pictures of you finishing. After the race you will be able to download (www.flickr.com/cfb5k) your full resolution pictures absolutely free.

We offer gender specific tech race shirts or a unisex crew-neck sweatshirt. Or, if you are not a shirt person, opt out and save a few dollars.

About the 5k

Entering our fourteenth year, the Chocolate Frosted Buns 5k is solely benefiting the Conrad Weiser Food Pantry and the Western Berks Free Medical Clinic. In our first thirteen years, thanks to the generosity of our amazing sponsors and so many wonderful runners, we have been able to provide more than $60,000 to these two deserving organizations.

Over the years the Conrad Weiser Food pantry served many needy families. The pantry, with the help of 30 to 40 volunteers, provides a week's worth of groceries to each family every month. Our neighbors have food because of this organization that we have the honor to support.

Since 2002 the Western Berks Free Medical Clinic, a non-profit organization, has been providing free medical care to individuals who do not have access to the health care system. Ninety-five percent of their patients are from right here in Berks county. Western Berks Free Medical Clinic receives no federal or state funding or reimbursement from any insurance plans. They able to care for our neighbors because of the support they receive from your generosity.

Trinity Lutheran Church
presents the
Fourteenth Annual

AND

FREE

1/2 Mile Fun Run

January 23, 2027
5K Start - 9:15am
Conrad Weiser
High School
Robesonia, Pa

With SWEATSHIRTS OR GENDER SPECIFIC TECH Shirts!!

Event Details

Event Date: **January 23, 2027**
(rain, snow, super cold, or shine)

Start/Finish: **Conrad Weiser High School Cafeteria**
44 Big Spring Rd
Robesonia, PA 19551

Schedule:

7:30-9:10	**Registration**
8:45	**½ mile Fun Run**
9:15	**5k Run**

Awards to follow 5K

5K Age Groups:

10 and under	11-14
15-19	20-29
30-39	40-49
50-59	60-69
70-75	76+

Awards - 5K Over all Male and Female
Top 3 male and female per Age Group

Awards - 1/2mi Ribbon for all finishers

Results: www.pretzelcitysports.com following the event.

Contact: Jessica Hannigan
chocolatefrostedbuns5k@gmail.com
717-824-9753 (cell)

Amenities: **Indoor Registration and Bathrooms.**

Free professional finish line photographs at www.flickr.com/cfb5k after the race.

Fast flat course.

FREE 1/2 mile fun run

Lots of shirt options: Sweatshirts, Gender specific tech shirts, no shirts!

Post-race refreshments with lots of chocolate!

Chocolate Frosted Buns 5k

PARTICIPANT REGISTRATION

Name:_____

Address:_____

City:_____St:._____Zip:_____

Email:_____

Phone:_____

Age (as of 1/23/27):_____

Gender: ☐ Male ☐ Female

Tech Shirt	MENS:	S	M	L	XL	XXL
OR	LADIES:	S	M	L	XL	
Sweatshirt	Unisex:	S	M	L	XL	XXL
OR No Shirt	Save $$					

Registering for (circle one):

	On or Before 1/10	After 1/10
Entry Received:		
5K – Tech Shirt	$30.00	$35.00
5K – Sweatshirt	$35.00	$40.00
5K – No Shirt	$23.00	$28.00
1/2 Mile (no shirt)	FREE!	FREE!

Pre-registration 5k participants are guaranteed to receive a shirt if registration is received by January 10, 2027. Entries after that date will receive a shirt on a first come, first serve basis while supplies last. Size, and receipt of shirt, is not guaranteed if your registration is not received by January 10, 2025.

Make checks payable to: Trinity Lutheran Church

Mail Registration form with payment to:
Trinity Lutheran Church
Chocolate Frosted Buns 5k
108 South Robeson Street
Robesonia, PA 19551

Optional online registration available at www.pretzelcitysports.com
(closes at midnight, the Wednesday before the race; nominal service charge applies)

Liability Waiver

Must be signed to participate in Chocolate Frosted Buns 5k

WAIVER/RELEASE: I for myself, and/or the child, recognize that running a road race is a potentially hazardous activity. I have read the race information and am familiar with the course, procedures, and rules. I should not enter and run unless I am medically able and properly trained. I certify that I am physically able to participate in this event and agree to abide by any decision of race officials relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow, and/or ice, high heat and/or humidity, traffic and the conditions of the roads/walks/paths, I recognize and understand the aforementioned risks. Contingent upon Event Management's acceptance of my registration; having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf and by exercising my power of attorney over myself and/or the child, do hereby release and discharge Trinity Lutheran Church (a nonprofit non-governmental religious organization), Conrad Weiser School District, the organizers, hosts, and sponsors of Chocolate Frosted Buns 5k, their directors, officers, staff, and volunteers, the borough of Robesonia, Heidelberg Township and their employees from all claims of damages, demands, actions, liability and whatsoever, in any manner arising or growing out of my participation, and/or that of my child, in this event including liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, use of my name or any other record of this event for any legitimate purpose. For runners safety, I understand that bicycles, scooters, and roller blades are prohibited.

I also understand and accept that there are no refunds for this event.

Note: Volunteers will be on hand to guide participants, but roads will be open to traffic.

I have read and understand the above waiver.

Signature:_____

Date:_____

Parent Signature if under 18 years of age:

_____ Date:_____