

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 building and indoor restrooms will be open and available 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.

Several Trinity members will be providing childcare during the race. Your children can stay inside, warm and entertained, while you run.

About the 5k

Trinity Lutheran Church has held an annual chocolate festival for a number of years. It is a day of good fun, great food, and of course lots of chocolate, which serves to raise funds for local community service organizations. This year all monies raised will be split between the Conrad Weiser Food Pantry and the Western Berks Free Medical Clinic.

The Conrad Weiser Food Pantry provides food and supplies to men, women and children with need from our local community. Every month between 150 and 180 families receive a week's worth of food including meat, bread, fresh produce and nonperishable goods.

The Western Berks Free Medical Clinic is a non-profit organization that has been providing free health care to individuals who do not have access to the health care system since 2002. Their volunteer staff includes 13 physicians, 23 registered nurses, and several clinic coordinators. Also available are interpreters, a licensed dietician, a nurse mid-wife, and support staff. In 2013 the clinic served more than 600 patient visits which was an increase of almost 20% over 2012.

All proceeds from this run will go to benefit these two wonderful community organizations. We hope you will join us for a great event and also invite you to join us later that day for the chocolate festival itself at Trinity. It will run from 3:00 to 7:00pm and include food, desserts, games, a silent auction and lots of other great events.

Trinity Lutheran Church's Chocolate Festival

presents the

Third Annual

1.31.15

Chocolate
Frosted Buns



AND

FREE

1/2 Mile Fun Run

January 31, 2015

5K Start - 9:15am

Conrad Weiser

High School

Robesonia, Pa

With GENDER SPECIFIC Shirts!!

Event Details

Event Date: January 31, 2015
(rain, snow, or shine)

Start/Finish: Conrad Weiser High School
Big Spring Road
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 and over

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: Darrell Rosenberger
chocolatefrostedbuns5k@gmail.com
610-858-3325 (cell)

Amenities: **Indoor Registration and
Bathrooms.**

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

Free childcare during race.

Fast flat course.

**FREE 1/2 mile fun run (if pre-
registered).**

**Long sleeved GENDER
SPECIFIC shirt to all pre-
registrants and race day while
supplies last.**

**Post-race refreshments with
lots of chocolate!**

Chocolate Frosted Buns 5k

PARTICIPANT REGISTRATION

Name: _____

Address: _____

City: _____ St.: _____ Zip: _____

Email: _____

Phone: _____

Emergency Phone: _____

Age (as of 1/31/15): _____

Gender: Male Female

Shirt Size:

MENS:	S	M	L	XL	XXL
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(Circle one)

LADIES:	S	M	L	XL
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If utilizing child care:

Number of Children _____ Ages: _____

Registering for:

5K ½ Mi. Fun Run

Entry Fees:	Before 1/20/15	1/21/15 and after
5K	\$23.00	\$28.00
1/2 Mile (no shirt)	FREE!	\$3.00

Pre-registration 5k participants are guaranteed to receive a long-sleeve shirt if registration is received by January 20, 2015. Entries afterward will receive a long-sleeve shirt on a first come, first serve basis while supplies last. Size and receipt of shirt is not guaranteed if you do not register by January 20th.

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: _____