

3rd Annual Team Holly:

Hear Our Voices 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 11, 2016 – 10:00 a.m.



ENTRY FEE: If registered on-line or postmarked by August 19, 2016, registrants receive a free t-shirt (all entries) and parachute cord bracelet (1st 100 only):

Adults: 18+ - \$22, Kids: 9 to 17- \$15, Kids: 8 & under - Free
(no shirt for kids 8 & under due to reduced price)

After August 22, 2016 and on Race Day

Adults - \$25, Kids 9 & over - \$18, Kids 8 & under - \$3

Free t-shirt for 9 & older while supplies last. Race day: cash or check only.

LOCATION/REGISTRATION: Gring's Mill Recreation Center, 2083 Tulpehocken Road, Reading, PA 19610; Registration/number pickup at Gring's Mill Recreation Center starting at 8:30 a.m. Runners will begin promptly at 10:00 a.m. Walkers will begin at 10:05 a.m. Course is out and back along the Union Canal Towpath Trail. Awards ceremony to follow.

AMENITIES: Gift bag w/ t-shirt to all registrants 9 & over (while supplies last for registrations postmarked after August 19); survivor button for all breast cancer survivors, refreshments for participants, indoor toilet facilities, free parking, time clock at finish. Race held rain or shine. No refunds or mailed awards. Results published at www.pretzelcitysports.com in 1-2 days after race.

5K AWARDS: Awards for the overall male and female 1st, 2nd & 3rd overall winners; 3 male and 3 female awards for each age category (18 & under; 19-29, 30-39, 40-49, 50-59, 60+); and Survivor awards 1st, 2nd, 3rd overall winners and 1st place for categories 40-49, 50-59, 60+.

FAMILY FRIENDLY EVENT!!

Face painting, games, bake sale, raffles with great prizes, refreshments and t-shirts for purchase and more!

DIRECTIONS: Take 222N. Take the Broadcasting Rd exit. Turn right at the light onto Broadcasting Rd. Take right onto Tulpehocken Rd. and look for event signs. Gring's Mill and parking located on the left.

Make Check Payable to: "Breast Cancer Support Services of Berks"

Mail Check & Completed Below Form to: BCSS, 529 Reading Ave., Suite C, West Reading, PA 19611

Information and Online Registration (small service fee applies) at: www.pretzelcitysports.com

(Online Registration closes at midnight on the Wednesday prior to the race)

Race Director: Alayne Galley: Contact her at 484-333-8938 and AGalley@goberkscounty.com

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

Last name _____ First name _____ Street Address _____

City _____ State _____ Zip _____ Race day age _____ Date of birth _____

Email _____ @ _____ Phone _____ (Cell preferred)

Race: 5K Run _____ 5K Walk _____ Sex: M _____ F _____ Breast cancer survivor: Yes _____ No _____

Shirt Size (check one): Adult: XS _____ S _____ M _____ L _____ XL _____ XXL _____ Youth: L _____ XL _____

Additional shirts available for \$10 each. No. of additional shirts _____ x \$10 = _____ Sizes: _____

WAIVER: I know that running a race is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather and the condition of the trails/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 Breast Cancer Support Services of Berks, Pretzel City Sports, all municipalities in which the race is held, the race organizers, committee, volunteers, benefitting organization and 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 whatsoever, foreseen or unforeseen, known or unknown. I HAVE READ AND UNDERSTAND THIS WAIVER (if under 18, legal guardian must sign):

Signature: _____ Date: _____

Greg's Voice

When I realize that this is the 3rd Annual Team Holly Hear Our Voices event, I think of where my family was and where we are now.

My wife Holly was the impetus for the first Hear Our Voices race in 2014. She was in constant pain and she knew she didn't have long to live. She passed away shortly after the first race and my family was of course devastated. But the memory of the first race was a starting place...a place to go on from; to continue hope for ourselves and others.

Two years later, my family is still adjusting. We talk about Holly every day. We laugh about things she did and said and we remember how much she loved her family. Hope continues for us.

I smile when I think about how her legacy has lived on through this race. She leaned on Breast Cancer Support Services of Berks, and she believed in what they do. Your support of this race and BCSS is keeping her hopes and dreams alive.

My family and BCSS are forever grateful for your support through this event. Your support helps the people in Berks County affected by breast cancer to find the community support they need and to continue to dream and hope.

~Greg Lamont - husband of Holly Lamont, "The Cancer Ninja"





Breast Cancer Support Services of Berks (BCSS)...

is a local organization that provides hope, information and emotional support to women and men affected by breast cancer.

In 2015 BCSS...

- *answered 500+ inquiries
- *supplied 203 Comfort Bags
- *held Spanish-speaking luncheon for 156 women
- *helped women with prostheses, wigs, bras
- *provides Support Line 7 days a week
- *held Pink Power Night Conference for 700 women

To Learn More About BCSS...

Please visit www.bcssberks.org and "like" us on Facebook.

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

I am unable to attend the BCSS 5K, but I would like to make a donation in the amount of \$ _____.

I would like to be added to the Breast Cancer Support Services' mailing list: Yes _____ No _____

Make check payable to: "Breast Cancer Support Services of Berks" with "Hear Our Voices 5K" in the memo line.

Mail check and completed form below to: Breast Cancer Support Services of Berks, 529 Reading Avenue, Suite C, West Reading, PA 19611

Name _____ Street Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ @ _____

Donate online at www.bcssberks.org.

Breast Cancer Support Services is a 501 (c) (3) nonprofit organization-contributions to which are tax deductible to the full extent permitted by law. The official registration and financial information of Breast Cancer Support Services may be obtained from the Pennsylvania Department of State by calling toll free within PA (800) 732-0999. Registration does not imply endorsement.