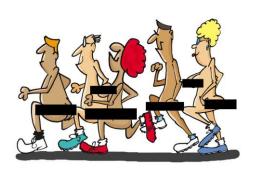
Pretzel City's run that's 40% non-technical trail, 60% road and 1000% MEMORABLE! the 16th annual



BOUNCING BUNS

"Clothing Optional" 5.5K Race

& 1 M Fun Run/Walk-Sunny Rest Resort, Palmerton PA

SAT., AUG 23, 2025 ** 10 AM

Run in a Snow Suit, a Birthday Suit or anything in-between!

<u>Location:</u> Sunny Rest Resort, 20 miles N. of Allentown. Just off NE PA Turnpike, near Palmerton. Free use of resort for the day w/entry or spectator fee-a \$77+ value for most: pool, hot tubs, poolside bar, restaurant, gym, trails, volleyball, tennis and lots more! Clothing may be worn anywhere except in pool (may be dressed poolside) & hot tubs. <u>Unique Distance:</u> 5.5K (3.41 miles) all who did not do race before WILL run a personal best for that distance! Fun run is 95% on road.









For camping reservations at Sunny Rest, call 610-377-2911 or visit the website www.sunnyrest.com Address: 425 Sunny Rest Rd, Palmerton, PA 18071 (near exit 74 NE Ext. PA turnpike)

<u>Awards:</u> Top M & F +: 0-39: 6M,6F 40-49: 5M, 5F 50-59:5M, 5F 60-69:5M, 4F 70-79: 4M,2F 80+: 2M Top M & F Sunny Rest Member; also eligible for age group awards. Top age group for females is 70+.

5.5k & 1M Reg Fee: Reg opens at 9 AM, 5K at 10 AM. Must be 18+ to enter race & facility unless with a parent. \$40 if postmarked by Tues, 8/5/25 w/T-shirt & free use of the resort all day. After that, \$45 up to and incl. raceday, \$40 when shirts are gone. SUNNY REST MEMBERS: \$25 thru 8/5/25, \$30 after that till raceday till shirts run out; then \$25. Clothed runners VERY welcome! NOTE: \$20/person resort entry fee for all spectators - pay raceday at registration table, also can stay all day. PART OF EACH ENTRY FEE (PLUS ANY MONEY YOU ADD) GOES TO THE AMER. CANCER SOCIETY! Instant results, cash bar/restaurant, poolside awards. No photos please! Results online using only first name, last initial, state, age, & gender. DO SOMETHING YOUR FOLKS WOULD BE ASHAMED OF, IF THEY KNEW, & SHARE WITH THE WORLD THOSE POORLY THOUGHT-OUT TATTOOS THAT YOU GOT ON NORMALLY UNEXPOSED AREAS OF YOUR BODY, WHILE IN COLLEGE & WHILE SLIGHTLY (OR MORE) BUZZED!

Optional Online Registration Available & recommended at www.pretzelcitysports.com

(closes at midnight, Wed before the race-nominal service fee applies-very few extra shirts ordered over prereg total so enter before raceday!)

Check Payable to & Mailed to (with waiver): PRETZEL CITY SPORTS, 112 W. 36TH ST., READING, PA 19606 Biggest Buns: Ron Horn, rhornpcs@aol.com, 610-779-2668, www.pretzelcitysports.com

Last Name	First N	Vame	
Street Address		City	
- I	irt Size: S M L XL 2X ast, waiting till race day to enter has resulted in many "d	Sunny Rest Member?	Yes No
Sex: M F Race Day Age (must be 18 or older or have		el:()	AM? PM? BOTH?
Email WAIVER: I know that running a trail race is a potentially hazard for running on it. I also assume any or all other risks associated wit known and appreciated by me. Knowing these facts, and in conside discharge Pretzel City Sports, Sunny Rest Resort, all municipalities assigns or anyone acting for on their behalf, or anyone electage for on their behalf, or anyone electage for on their behalf, or anyone electage for their behalf, or anyone electage for the second participation in this event(s). This waiver extends to all claims of events.	us activity. I should not enter and run unless I am medically ab h running or attending the race including but not limited to fall ration of your accepting my entry fee, I hereby for myself, my h in which the event is held, the race director, course officials, at ed in any way with the race, from any or all claims or liability for	s, contact with other participants, the affects of the weather eins, executors, administrators or anyone else who might of other organizations directly or indirectly associated with to or death, personal higury or property damage of any kind o or unknown. BY SIGNING THIS, I ATTEST THAT I HA	ic, hazards, debris and poor footing on the course and assume the ris r, getting lost, wildlife and insect attacks and all such risks being laim on my behalf, covenant not to sue, and waive, release and the race, any and all sponsors including their agents, employees, of nature what so ever arising out of, or in the course of, my LVE READ AND UNDERSTAND THIS WAIVER:
Signature	Date/2025	Cash or check ONLY for	ed * Must be signed with <u>legal name</u> or raceday payment, ble * Insurance Issued by R.R.C.A
Additional Donation for the	American Cancer Society	· ·	•