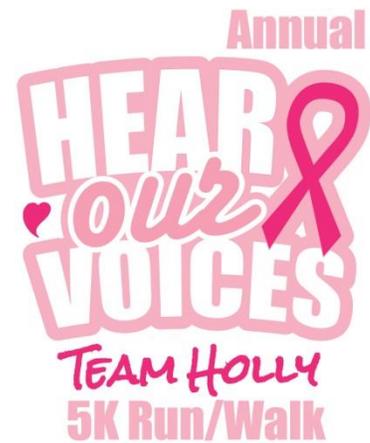


# 7th Annual Hear Our Voices:

## Team Holly 5K Run & Walk

Benefiting Breast Cancer Support Services of Berks

Sunday, September 12, 2021 – Run/Walk begins 10:00 a.m.



### **ENTRY FEE: DISCOUNTED EARLY REGISTRATION!!**

Please register on-line @ [pretzelcitysports.com](http://pretzelcitysports.com) by **August 23, 2021**

(or complete paper registration form below) and receive a free t-shirt and

goodie bag: Adults - \$20, Kids 9-17 - \$10, Kids 8 & under - Free

(no shirt for kids 8 & under due to free entry)

After August 23, 2021 and on Race Day:

Adults - \$25, Kids 9-17 - \$15, Kids 8 & under - Free

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:** Goodie bag w/ t-shirt to all registrants 9 & over (while supplies last for on-line registrations after August 19<sup>th</sup> and mailed registrations postmarked after August 19<sup>th</sup>); survivor t-shirt for all breast cancer survivors, refreshments for participants, indoor toilet facilities, free parking, time clock at finish. Race held rain or shine. In case of rain, Gring's Mill has a huge barn to house the activities. No refunds or mailed awards. Results published at [www.pretzelcitysports.com](http://www.pretzelcitysports.com) in 1-2 days after race.

**5K AWARDS:** Awards for the male and female 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall winners; 3 awards (male or female) for age categories 8-Under, 9-11, 12-14, 15-17; 3 male and 3 female awards for age categories 18-29, 30-39, 40-49, 50-59, 60+, and Survivor awards 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall winners.

### **FAMILY FRIENDLY EVENT!!**

Rock painting, face painting, games, raffles with great prizes, refreshments 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.

**Information and Online Registration** (small service fee applies) at: [pretzelcitysports.com](http://pretzelcitysports.com)

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

**Make Check Payable (for paper registrations) to:** "Breast Cancer Support Services of Berks"

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

**Race Director:** Vanessa Shurley, contact her at 610-478-1447 or [Vanessa@bcssberks.org](mailto:Vanessa@bcssberks.org)

.....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: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ Youth: L \_\_\_\_\_

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 Reflection

We're Back!! 2020 delayed our 7<sup>th</sup> Team Holly event, but didn't stop it!!

Some people had lots of time for reflection during the Lockdowns / Pandemic -- time to think about what's most important in our lives. Even if we were tearing our hair out from being too busy while we were trapped in our homes, the bizarreness of our new daily lives had us reassessing & re-examining.

As for me, not being among friends, family or just strangers for extended periods of time drove home the fact of how we're primarily social creatures. Even if we were connected by phone, text, email or video, sometimes nothing can take the place of having someone actually THERE for you. We all learned how much we maybe took the daily face-to-face with others for granted.

My late wife Holly, one of the founders of this event, knew better than most that having someone physically there for you is crucial at times. And that's exactly what Breast Cancer Support Services does --- connects survivors to other survivors so they can be there for each other.

We all hope for a cure, but in the meantime, like Holly used to say, "what about now? What about the people who actually have cancer? No one talks about that." But they do, she found, at BCSS --- helping survivors connect, talk, & to just be THERE for each other. We've all been shown how important that is, & how terrible it can feel to be separated from those who can lift you up.

Please support Breast Cancer Support Services!! Please help them bring survivors together.

**Greg Lamont, Husband of the "Cancer Ninja," the late Holly Lamont, who fought through a Stage 4 diagnosis for 3.5 years to be there for her family, friends & fellow survivors, who she loved dearly.**

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**Breast Cancer Support Services of Berks (BCSS)**... is a local organization that provides hope, information and emotional support to every person affected by breast cancer.

### In 2020 BCSS...

- \* NEW program: METAvivor for Stage 4 Survivors
- \* 500+ inquiries answered from callers
- \* Expanded into additional space and launched our Wig and Prosthesis Fitting Room
- \* New planning committees added from programming to finance
- \* Shifted to a virtual format for programming



**To Learn More About BCSS... Please visit [www.bcssberks.org](http://www.bcssberks.org) and "like" us on Facebook.**

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

**I am unable to attend the BCSS 5K, but 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. Thank you!

**Name** \_\_\_\_\_ **Street Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Email** \_\_\_\_\_ @ \_\_\_\_\_

**Donate online at [www.bcssberks.org](http://www.bcssberks.org). Please specify for 'Hear Our Voices 5K'.**

Breast Cancer Support Services is a 501 (c) 3 organization, deductions to which are tax-deductible as permitted by law. Federal ID: 23-2762595. No goods or services are provided unless otherwise specified above. 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 Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

