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INFORMATION

Mail Registration to:

Run for Heroes, Inc.
P.O. Box 382
Springfield, PA 19064

Enter Online at:

www.runtheday.com

- ◆ Race T-Shirt While Supplies Last
- ◆ Indoor Restrooms—Ample Parking
- ◆ Daily Entry List Posted on Website:

www.runtheday.com

- ◆ ChronoTrack Chip Timing
- ◆ USATF Certified Course
- ◆ Race Day Results Posted on Website with Race Write-Up:

www.runtheday.com

Directions To: Run for Heroes Race

From PA turnpike or RT 95. Take RT. 476 North or South to exit 5. Take Rt. 1 North toward Springfield. Travel to Springfield Road (3rd light) and turn right. Travel approx. 1 mile to Powell Road and turn right. The Springfield Township Building is immediately on the right. Turn right into the parking lot.

For more information contact
John McFadden
610-455-2301 • mcfaddenjj@aol.com

Tom McGarrigle
610-604-4900

www.delcorunforheroes.com

DELAWARE COUNTY HERO SCHOLARSHIP FUND

12th Annual **Run For Heroes**

5K Run/Walk



2012

Benefits

Delaware County Hero Scholarship Fund

(For the Children of Police, Firefighters, and
Emergency Responders who died in the line of duty)

The Run for Heroes has raised over \$ 300,000 since 2000

www.delcorunforheroes.com

*501 (c) 3 non-profit organization

OCT. 7TH RACE TIME 9A.M.

DELAWARE COUNTY RUN FOR HEROES

12th Annual

5K Run/Walk

Sunday, October 7th, 2012 • Springfield, PA

Benefiting the Delaware County Hero Scholarship Fund

Event	Early Bird Registration by Sept. 30 th	Registration Fee	Fees are Non-Refundable	Race Map
5K Run/Walk	\$20.00 Single \$60.00 Family	\$25.00 Single \$75.00 Family	Rain or Shine	
Event	Start Time	Race Day Registration Times	Location	
5K Run/Walk	9:00 AM	7:30 AM-8:45 AM	Township Building 50 Powell Road Springfield, PA 19064	
REGISTRATION AND PACKET				
<p><i>Pickup at</i> Springfield Township Building 50 Powell Road, Springfield, PA. 19064</p> <p>RACE DAY REGISTRATION BEGINS AT 7:30 AM Start time: 5 K Race/Walk 9:00 AM</p>				

CHOOSE ONLY ONE DIVISION-WIN ONLY ONE AWARD

Awards

5 K Race Cash / Prizes

\$1200 in Cash
plus
Prizes
Walkers: Top 10 Overall

Award / Prizes Age Group

Top 3 Male Overall
Top 3 Female Overall
Top 3 Male over 40
Top 3 Female over 40
Top 2 By Age Group

Run for Heroes: 5 K Run/Walk Registration Form 2011

BIB Number # _____

LAST NAME OR TEAM NAME	FIRST NAME (WRITE FIVE SPACES BELOW)	SEX	RACE DAY AGE	T-SHIRT SIZE	WALK OR RUN	BIB #	EARLY BIRD FEE	RACE DAY FEE
ADDRESS							\$20.00 SINGLE	\$25.00 SINGLE
CITY	STATE						\$60.00 FAMILY	\$75.00 FAMILY
DATE OF REGISTRATION	ZIP CODE						\$	Check No. _____
DAY TIME PHONE	EVENING PHONE						PLEASE PLACE T-SHIRT SIZE FOR EACH PARTICIPANT : M • L • XL • XXL • XXXL	
EMAIL ADDRESS							<p>Release and Indemnification (ALL PARTICIPANTS MUST COMPLETE AND SIGN) In consideration of this entry the "Run for Heroes" 5K Run/Walk, I waive all claims to myself, my heirs and assigns against the "Run for Heroes", LLC, Run the Day Race Management, and all other race sponsors and their representative, successors and assigns for any injury, loss, illness which may result from my participation. I further state that I am in proper physical condition to compete in this event as certified by a physician, and I am an amateur runner/entrant. I hereby give permission to the event committee and all race sponsors to use my name and/or picture in any newspaper, broadcast, or other account of this event without limitation and without obligation of further compensation thereafter.</p>	
Signature: _____							Date: _____	

Make Checks Payable to: Run for Heroes, Inc.