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John McFadden Team@RE/MAX	PECO Energy	Shinn Business Forms, Inc.
McGarrigle's Automotive Services	Klenzoid	

INFORMATION

Mail Registration to:

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

Enter Online at:

www.runtheday.com

- ◆ Race T-Shirt to all Entrants
- ◆ Indoor Restrooms—Ample Parking
- ◆ Daily Entry List Posted on Website:
- ◆ www.runtheday.com
- ◆ Print out your own On-Line Results card when viewing web-posted results on race day.
- ◆ Winning Time Chip Timing
- ◆ 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
610-544-5588

DELAWARE COUNTY

HERO SCHOLARSHIP FUND

9th Annual Run For Heroes

5K Run/Walk

2009



Benefits

Delaware County Hero Scholarship Fund
(for Children of Police, Firefighters, and
Emergency Responders who died in the line of duty)

The Run for Heroes has raised over \$204,000 since 2000

*501 (c) 3 non-profit organization

OCT. 11TH RACE TIME 9A.M.

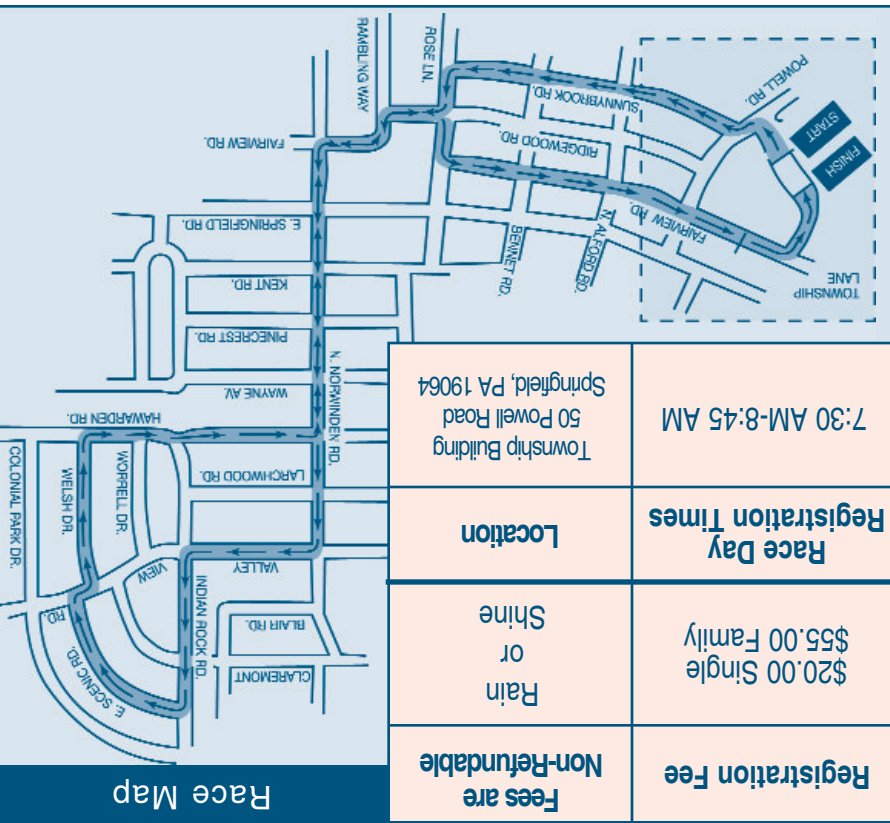
5K Run/Walk

Sunday, October 11th, 2009 • Springfield, PA
Benefiting the Delaware County Hero Scholarship Fund

Event	Early Bird Registration by Sept 30th	Registration Fee	Fees are Non-Refundable
5K Run/Walk	\$17.00 Single \$45.00 Family	\$20.00 Single \$55.00 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
5K Run/Walk	9:00 AM	7:30 AM-8:45 AM	Township Building 50 Powell Road Springfield, PA 19064

REGISTRATION AND PACKET

Pickup at
Springfield Township Building
50 Powell Road,
Springfield, PA. 19064
RACE DAY REGISTRATION BEGINS AT 7:30 AM
9:00 AM
Start time: 5 K Race/Walk



CHOOSE ONLY ONE DIVISION-WIN ONLY ONE AWARD

5 K Race Cash / Prizes	\$1400 in Cash plus Prizes
Award / Prizes Age Group	Top 3 Male Overall Top 3 Female Overall Top 3 Male over 40 Top 3 Female over 40

Awards

Run for Heroes: 5 K Run/Walk Registration Form

LAST NAME	FIRST NAME	DATE OF BIRTH	SEX	AGE	RACE DAY AGE	T-SHIRT SIZE	EVENT ENTERED	DIVISION ENTERED	EARLY BIRD FEE	RACE DAY FEE
ADDRESS									\$17.00 SINGLE	\$20.00 SINGLE
CITY	STATE	ZIP CODE							\$45.00 FAMILY	\$55.00 FAMILY
DATE OF REGISTRATION										
DAY TIME PHONE	EVENING PHONE									
EMAIL ADDRESS										

PLEASE PLACE T-SHIRT SIZE FOR EACH PARTICIPANT

PLEASE PLACE LETTERS FOR DIVISION ENTERED ABOVE FOR EACH PARTICIPANT

CODES
 M L XL XXL XXXL
 OAG: OPEN AGE GROUP CLY: CLYDESDALE 200+LBS MALE ATH: ATHENA 145-LBS FEMALE
 Check No. \$

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/bicyclist. I hereby give permission to the event committee and all race sponsors to use my name and/or picture in any newspaper, broadcast, telecast or other account of this event without limitation and without obligation of further compensation therefore.

Signature: _____ Date: _____