

*Proceeds support STEPS,
MCAR's drop-in center for people with
intellectual and developmental disabilities*
The Arc of Mercer County Foundation
hosts the

STEPS

Challenge

5K RUN & WALK

Saturday, April 17, 2010
9 a.m. at The Arc of Mercer County
Hermitage, PA



the Arc of Mercer County Foundation
850 N. Hermitage Road
Hermitage, PA 16148

724-981-2950 phone
724-704-7505 fax
www.merceraarc.org

APRIL 17, 2010



Proceeds from the STEPS Challenge 5K Run & Walk will help support MCAR's drop-in center, known as STEPS. This center welcomes all people with intellectual and developmental disabilities and provides a safe, secure environment where individuals can participate in and enjoy fun, recreational activities.

It's important to recognize that people with disabilities are valuable as individuals and should be given the same recreational opportunities as everyone else. STEPS has come to play a vital role in promoting these opportunities and in developing the physical and social health of these individuals.

Opened in 2007, STEPS is located in MCAR's Day Services and Pre-Vocational building at 850 N. Hermitage Road in Hermitage. A full array of activities are offered, including movie nights, football game parties, cooking and dance classes, special holiday parties, birthday and lunch clubs, bingo, themed events, craft activities, and much more.

In 2008, STEPS initiated one of the few clubs of the Red Hats Society chartered for women with special needs. In addition, an original counterpart club for men, called the Men's Red Suspenders Club, was started. Both clubs meet monthly and sometimes will meet jointly to enjoy special occasions, parties, and events.

While individuals can drop-in at STEPS to enjoy a game of pool, watch TV, use internet-accessible computers, play games, socialize, or simply relax, most people take advantage of STEPS' schedule of fun cultural, social, physical, and skill-building activities. Regardless of the type of activity, people come to STEPS for the fun and enjoyable socialization.

Because STEPS is dependent on funding from grants, private donations, and membership fees, your joining in the STEPS Challenge 5K Run & Walk is important to us. Your participation will help us continue to offer activities and recreational opportunities at STEPS and to keep the doors opened for this special population.

5K STEPS RUN & WALK Challenge

Send Registration Form and entrance fee to:

The Arc of Mercer County Foundation
 STEPS Challenge 5K Run & Walk
 850 N. Hermitage Road
 Hermitage, PA 16148

QUESTIONS? 724-981-2950 x 234 or 724-981-2950 x 246
 Email: sporawski@mercerarc.org or kggray@mercerarc.org
 Make checks payable to:
The Arc of Mercer County Foundation

Saturday, April 17, 2010
 9 a.m. (rain or shine)
 The Arc of Mercer County

NAME _____

ADDRESS _____

CITY, ST, ZIP _____

PHONE _____

AGE _____ SEX _____ DATE _____

SHIRT SIZE (circle one) _____

YL XL L M S 2X 3X

Early Entry (due by April 2).....**\$15.00**
 Late/On-Site Entry (after April 2).....**\$20.00**

for walking families with up to 6 adults & children;
 early entry families may order shirts at \$7/each

WAIVER to be signed by athlete (and by parent or guardian, if runner is under 18 years):
 In consideration of the acceptance of this entry, I agree to hold harmless and waiver for myself, my heirs, and assigns, all claims for damages which I might have against the race, The Arc of Mercer County and/or its affiliates, its sponsors, or any other organization, business, or individuals as a result of any and all injuries which might be received during this contest. I assume all risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the race course, all such risks being known and appreciated by me. In addition, I certify that I am a voluntary participant in this event and in good physical condition.

Signature _____
 Signature of Parent or Guardian (if under 18 years) _____

LOCATION / COURSE

The race will start on the grounds of The Arc of Mercer County/MCAR at 850 N. Hermitage Road in Hermitage, PA (located, behind Hermitage Municipal Building) and cover a flat course through Hickory High School campus, Rodney White Park walking and bike trail, and finish at The Arc.

START / REGISTRATION

The 5K runners' race will start at 9 a.m. Walkers will start at 9:30 a.m. Registration for late entry and check-in for early entry participants will be held in MCAR's Pre-Voc building from 7:30 a.m. to 8:30 a.m. Race packets may be picked up at registration.

PARKING

Ample parking is available at The Arc of Mercer County/MCAR and at Hickory High School. The race start and finish lines will be close to available parking.

RESTROOMS

Restrooms are located in MCAR's Pre-Voc building and at Rodney White Olympic Park.

WATER STOPS

Water will be available for participants after mile 1 and, with refreshments, at the finish line.

AWARDS

Medals to the first 3 males and first 3 females.
 Medals to the first 3 in each age group:

- 12 and under
- 40 to 44
- 45 to 49
- 50 to 54
- 55 to 59
- 60 to 64
- 65 to 69
- 70 and over

No duplication of awards.

FOR INFORMATION:

724-981-2950 X 234 or X 246