

★ Race Day Information ★

8am

Registration

9am

1K/5K Run/Walk Start

10am

Family Activities

11am

Awards and Recognition

8pm

Post Party (adults only - \$10 admission)

Babylon

24 32nd Street

Pittsburgh, PA 15201

On the river in the Strip

Run/Walk participants are encouraged to come dressed as their favorite superhero!
There will be a contest for best dressed!



For more information visit:
www.superherorun.org

or

pittsburgh@thesuperherofoundation.org

*Every child needs a hero
but abused children need superheroes*



PO Box 1587
Cranberry Twp, PA 16066

The 2nd Annual Pittsburgh Superhero Foundation 1K or 5K Run/Walk



*Every child needs a hero
but abused children
need superheroes*



Benefiting:



April 17, 2010 - North Park Lodge



About Us



The Superhero Foundation is a group dedicated to the crusade against child abuse. April is National Child Abuse Prevention Month. We seek to raise awareness for this, and to ensure that every state recognizes April as Child Abuse Prevention & Awareness Month. We also support various regional organizations that help in the battle against child abuse, and those that support the rehabilitation of abuse victims.



Family Resources



Since 1986, Family Resources has distinguished itself as a leader in combating child abuse and providing support and treatment services to families in Western Pennsylvania.

We offer innovative programs that have a measurable impact in preventing abuse.

We continue to work with health care providers and other social service organizations to become even more effective in providing parents and other caregivers with the support they need to raise happy, healthy children.



Our Sponsors



Sponsor Form

Runners/Walkers are encouraged to solicit donations from friends & family!

To **donate online**, go to Facebook and search for "Be a Superhero - Help Fight Child Abuse" under causes.

Sponsor



Amount

The Superhero Foundation is a 501(c)3 nonprofit organization and donations are tax deductible and will benefit Family Resources.

Please make checks payable to:
The Superhero Foundation, Inc.

Are you a business interested in donating to our silent auction? Or an individual interested in donating your time and talent on race day?

Contact Us!

pittsburgh@thesuperherofoundation.org
or Erica @724-466-HERO (4376)



Entry Form



\$20 preregistration for 16 and up, \$25 event day
\$10 preregistration for 10-15 \$15 event day
Free for under 10

Please make checks payable to:
Superhero Foundation
or register online:
www.active.com

Name

Street Address

City, State, Zip

eMail

Date of Birth Sex

I will be participating in the: (circle one) **1K 5K**

Shirt size: **XS S M L XL XXL**

Will their be children under 10 participating with you?: **Yes No**
If yes, please list their names and ages

Signature
Parent signature if under 18 years old

In consideration of this entry being accepted I hereby for myself, heirs, executors, and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and or any and all injuries suffered by me in this event. I certify that I am able to compete in the Superhero Run.



Mail to:



Superhero Run Pittsburgh
PO Box 1587
Cranberry Twp, PA 16066

Donation enclosed: _____

Pledge to raise: _____