

STEPS Challenge

5K RUN & WALK

WHEN & WHERE:

Saturday, April 14, 2012
 The Arc of Mercer County
 850 N. Hermitage Road
 Hermitage, PA 16148

STARTING TIME:

Registration and race packet pick-up begin at 8:15 a.m.
 The race begins at 9:00 a.m.

ENTRY FEES:

\$15 - Registered by **April 2, 2012** (shirt size guaranteed)
\$20 - Registered after April 2, 2012 OR day of race (shirt and size not guaranteed)

ENTRY FEE MADE TO:

The Arc of Mercer County Foundation
Mail or hand deliver to:
 The Arc of Mercer County Foundation
 Attention: Karen Gray
 850 N. Hermitage Road
 Hermitage, PA 16148

FOR MORE INFORMATION:

Karen Gray: **724-981-2950 x 246**
 Susan Borawski: **724-981-2950 x 234**

The Arc
 Mercer County

Achieve with us.

RACE COURSE:

This race starts on the grounds of The Arc of Mercer County/MCAR at 850 N. Hermitage Road in Hermitage, PA (see enclosed map for directions). The race is run on a flat, paved course through The Arc's campus, Hickory High School campus, the wooded trails around Rodney White Park, and ends at The Arc.

PARKING:

Ample parking is available on the grounds of The Arc of Mercer County, the Hermitage Municipal Building and Hickory High School. The race start and finish lines are close to available parking.

RESTROOMS:

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

WATER STOPS:

Water is available for participants at Mile 1 and with refreshments at the finish line.

AWARDS:

First 3 males and first 3 females overall
 First 3 males and first three females in each age group:
 14 & under, 15-19, 20-29,
 30-39, 40-49, 50-59, 60-69, 70+
 No duplication of awards.

REGISTRATION FORM: Please print.

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone: _____

Email: _____

Circle One: Runner Walker

Circle One: Male Female

Shirt Size (circle one):

YS YL S M L XL 2XL 3XL

I do not plan to run or walk in the race, but enclosed is my tax deductible donation of:

\$ _____

Entry Fee Amount Enclosed: \$ _____

Make checks payable to:

The Arc of Mercer County Foundation

WAIVER TO BE SIGNED BY ATHLETE (OR 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 as 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 race. 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. I certify that I am a voluntary participant in this event and in good physical health.

Signature: _____
(signature of parent if under 18)

Date: _____