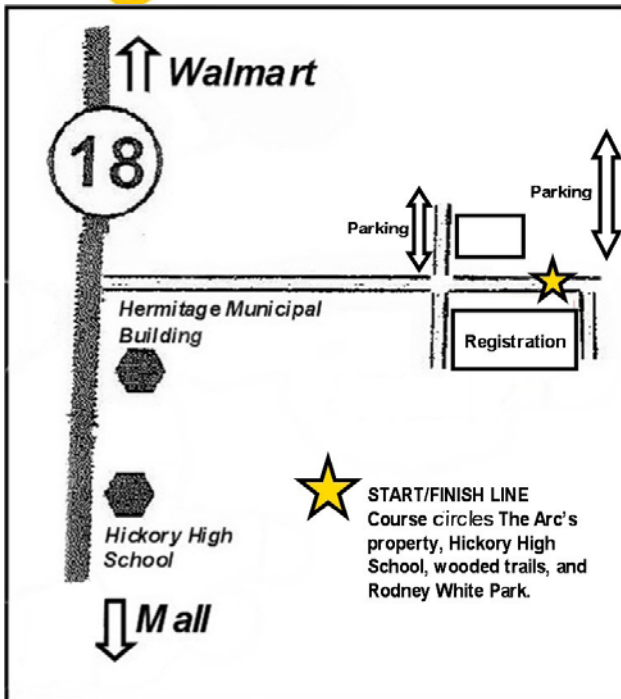


ABOUT THIS EVENT

The STEPS Challenge 5K Run & Walk, hosted and sponsored by The Arc of Mercer County Foundation, helps support MCAR's Recreation Program. For people with intellectual and developmental disabilities, this vital program provides recreational activities that develop the social and physical health of these people. STEPS is the name of the center where people can enjoy a game of pool, watch movies, play bingo, and enjoy seasonal parties.

MCAR's Recreation Program is dependent on funding from grants, private donations, and fundraisers, like the STEPS Challenge 5K Run & Walk. Your participation in this fundraiser helps MCAR continue to offer recreational activities and opportunities at STEPS and to help keep the doors opened for this special population.

DIRECTIONS



The Arc
Mercer County



The Arc of Mercer County Foundation
850 N. Hermitage Road
Hermitage, PA 16148
724-981-2950 phone
724-704-7505 fax
www.mercerarc.org

Proceeds benefit
MCAR's Recreation Program
for people with intellectual and
developmental disabilities

STEPS Challenge 5K RUN & WALK

Saturday, April 13, 2013
9:00 a.m.
The Arc of Mercer County
Hermitage, PA

Sponsored by
The Arc of Mercer County Foundation

STEPS Challenge

5K RUN & WALK

WHEN & WHERE:

Saturday, April 13, 2013
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 - MUST BE RECEIVED BY APRIL 1, 2013 (shirt and size guaranteed)
\$20 - ANY REGISTRATION RECEIVED AFTER APRIL 1, 2013 OR DAY OF RACE (shirt and size may not be available)

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



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 3 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: _____

Age: _____ Male: _____ Female: _____

Circle One: Runner Walker

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 participant is under 18)

Date: _____