

## Shirt and Chip Pick up locations

Thursday, April 25th and Friday, April 26th  
at Mojo Running from 4-7pm

<http://www.mojorunningpittsburgh.com/home.html>

Friday, April 26th at Lobby of CASA of Allegheny County  
564 Forbes Avenue, from 11-2

## Race Day Information

**8am**

Registration

**9:30 am**

1K Family Run

5K immediately following

**10:30 am**

Family Activities and  
Awards and Recognition

We encourage everyone to come in a costume!



For more information visit:  
[www.superherorun.org](http://www.superherorun.org)

or

[pittsburgh@thesuperhero.foundation.org](mailto:pittsburgh@thesuperhero.foundation.org)



PO Box 1587  
Cranberry Twp, PA 16066

## The 5<sup>th</sup> Annual Pittsburgh Superhero Foundation 1K or 5K Run/Walk

Sponsored by FedEx Ground



Every child needs a hero but abused  
children need superheroes



Saturday, April 27, 2013 - 9:30 a.m.  
North Park Pool Loop  
(S. Ridge Road at Hemlock Drive)

Benefiting:  
**CASA**  
of Allegheny  
County

Powered by  POWER CLIFFS

Every child needs a hero  
but abused children need superheroes

## 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.

## CASA

CASA (Court Appointed Special Advocates) of Allegheny County works to recruit, train and supervise community volunteers who advocate for abused and neglected children in court and throughout the child welfare system. In our community, there are thousands of children who are active with the Children's Court system because they have been abused or neglected. Unfortunately, child victims often suffer from a myriad of complex problems and circumstances that, without personalized attention, will sabotage their ability to find safe, nurturing and permanent homes. CASA volunteers and their staff case manager partner together to ensure that every child receives the personalized attention they need and deserve. For more information on CASA, or to find out how you can become a CASA volunteer, please visit [www.pgh-casa.org](http://www.pgh-casa.org).



## Sponsor Form

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

To donate online, or set up a fundraising page go to <http://www.active.com/donate/superherorun2013>

Every individual to raise \$100 gets a cape, raise \$250 get a cape and a prize.  
Teams of 2-5 who raise \$400 get a cape, \$1,000 get a cape and prize.

To register as a team go to <http://bit.ly/hero13> - there will be an award for fastest team

The Superhero Foundation is a 501(c)3 nonprofit organization and donations are tax deductible and will benefit CASA of Allegheny County.

Donation enclosed: \_\_\_\_\_

Pledge to raise: \_\_\_\_\_

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](mailto:pittsburgh@thesuperherofoundation.org)  
or Erica @724-466-HERO (4376)  
Follow us on twitter! @superherogh

## Entry Form

**Register By April 14th** - \$20 for 16 and older, \$10 for ages 5 to 15, children (all children over 5 years-old need a registration form) under 5 free - After April 14th fee increases by \$5. Parents can run with children in the 1K for free if registered for the 5K.

*If you register by March 28th, you are guaranteed a t-shirt.  
Kids under 15 years will receive a mask and blaster cuffs.  
Each registrant will receive 2 raffle tickets.*

Please make checks payable to: **Superhero Foundation** or register online at: <http://bit.ly/hero13>  
*The first 50 to register online receive a cape, next 50 receive a mask and blaster cuffs!*

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 there be children under 5 participating with you?: **Yes No**  
*If yes and they want a shirt please include size and an extra \$5 (each child)*

Where did you find out about the race?

- Store  Poster  Radio  Work/School  
 Friend  Facebook  Twitter  Other

How many capes do you want to purchase? \$15 each \_\_\_\_\_

Signature  
*Parent signature if under 18 years old*

I attest that I am physically fit and sufficiently trained to participate in this event. I have full knowledge of the risks involved. Therefore, in consideration of my entry in the Pittsburgh Superhero Run, I for myself, my heirs, my executors and administrators waive any and all rights and claims I may have against The Superhero Foundation, Court Appointed Special Advocates of Allegheny County. (also known as CASA of Allegheny County), North Park and its agents, affiliates and employees, all sponsors, and any individuals associated with this event and will hold them harmless for any and all injuries, damages or death I may suffer in conjunction with this event. I further grant permission for the releases to use any photographs, motion picture recordings or any other record of the event containing my name, likeness or performance. If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify any claim brought against them by that minor at any time, arising out of the minors participation in this event.

I have carefully read this Release and Assumption of Risk and fully understand its contents. I voluntarily agree to it and realize that this will bind me, my heirs and my personal representatives.

As the parent/guardian of participant/s under 18, I agree to all the terms of this release for the child I have registered. Parent or legal guardian must initial if under 18.

Mail to: **Superhero Run Pittsburgh**  
PO Box 1587  
Cranberry Twp, PA 16066

**Our Sponsors**