5TH ANNUAL 5K RUN/WALK

"ON YOUR MARC"

for fallen heroes

IN MEMORY OF MARC J. SMALL

In Memory of all our Fallen Heroes

Small Steps in Speech SM

Saturday, August 3, 2013 - 8:30a.m.

Lower Providence Fire Dept. – Eagleville, PA

Registration begins at 7:30 a.m., race begins at 8:30 a.m., walk begins at 8:35 a.m.

All Proceeds will be donated to "Small Steps in Speech"

Marc's Story *(written by his sister & founder of On Your Marc, Megan MacFarland)*

*On February 12, 2009, my brother and Lower Providence resident, SSG Marc J. Small, was killed in action in Afghanistan. He was a Special Forces Medic serving with the United States Army. His unexpected passing has been a tragedy to our family, but we know he would have wanted us to continue his memory in positive aspects. "**Small Steps in Speech**" is a foundation started by Marc's fiancée, Amanda Charney, to assist children with communicative disorders. Since its inception 4 ½ years ago, **On Your Marc** has raised over $125,000 for Small Steps in Speech in order to help children with the "small steps" needed to improve their speech.*

So, please join us, have fun and help out this important foundation.

New this year: We are not only running in honor and memory of Marc, but also all the fallen heroes of our area. You will have the option to recognize a hero on your race shirt.

Don't forget: We have a Family Discount Rate, Doggie Registration, and Team Registrations!!

Registration: Online at www.lowerprovidence.org - click on: "On Your Marc" 5K run/walk, **OR** Complete form on back & mail to: ***"Lower Providence Township c/o On Your Marc***"

100 Parklane Drive
Eagleville PA 19403

Race Director: Mary MacFarland – onyourmarc8@yahoo.com - 610-489-8559

Course Description: An accurate, measured 5K course starting at the Lower Providence Fire Department continuing through Eagleville Park and Lower Providence Township. There is also a 2 mile walking course.

Amenities: Water stop on course, food, refreshments & entertainment at finish. Instant results at finish, and results posted on www.pretzelcitysports.com in 24-48 hours. Plenty of parking is available at the Lower Providence Fire Department grounds. Doggie bandanas for your dog!

Awards: ●Top male & female *overall*.

- Top 2 males and females in the following age groups:
  14 & under 15-19 20-29 30-39 40-49 50-59 60-69 70+
- Team that raises the most money receives a team prize.

Directions: **Lower Providence Fire Department– 3199 Ridge Pike, Eagleville, PA 19403**

From Norristown: Go west on Ridge Pike toward Eagleville. Fire Department will be on your right. (Corner of Ridge Pike and West Mt. Kirk Ave.)

From Collegeville: Go east on Ridge Pike toward Eagleville. Fire Department will be on your left. (Corner of Ridge Pike and West Mt. Kirk Ave.)

Registration & Fees: by mail or at **www.lowerprovidence.org/events**

$20.00 Early Bird Registration if registered before **July 1, 2013**
$25.00 before **July 22, 2013** (T-shirt included)
$30.00 from **July 22, 2013 on (including race day) (**T-shirts while supplies last)
Family Registration – Discount for 4 or more family members: **$20 per person**
$15.00 Doggie Registration – includes doggie bandana

Early Check-in: Friday, August 2nd, 5:00 p.m. to 7:00 p.m. at the Fire Dept.
Race Day Check-in: Saturday, August 3rd, beginning at 7:30 a.m. at the Fire Dept.

Your tax-deductible donation is greatly appreciated!

Last Name: _____ **First Name:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Telephone: (____)_____ **Email:** _____

Sex: M F **Race Day Age:** _____ **Date of Birth:** ____/____/____ **Family Registration** ☐

Runner ☐ **Walker** ☐ **Doggie Registration** ☐ **Shirt Size:** YM - YL - S - M - L - XL

Team Name (If applicable)**:** _____ **Team Donation Only** ☐

Name of Team Captain (If applicable)**:** _____

Doggie Name (if applicable): _____

☐ My dog is well socialized and can handle large groups. I agree to keep the dog on a leash during the walk as well as on the grounds of the Lower Providence Fire Department

Make check payable to: "*Lower Providence Township c/o On Your Marc*", **100 Parklane Dr., Eagleville, PA 19403**

I hereby acknowledge that participation in a road race is an inherently dangerous activity. I understand that risks include serious injury or death, from such hazards as weather conditions, falls, contact with the road, motor vehicle traffic, contact with other participants, and other potential hazards. I acknowledge that I should not enter or participate in this event unless I am medically able and properly trained.

Race Entry Fee Enclosed **$** _____

SIGNATURE: _____
(Parent or guardian signature if under 18)

Additional Donation Enclosed **$** _____

DATE: _____/_____/2013

Total Enclosed **$** _____

____ **I am unable to participate, but enclosed is my donation.**