



IMMEDIATE RELEASE

9th Annual 'On Your Marc' 5K Run/Walk to be Held Aug. 5 ***Early Bird Registration Discount Ends July 12***

LOWER PROVIDENCE TOWNSHIP (June 8, 2017) - Seasoned runners, first timers and walkers are all invited to take part in the 9th annual On Your Marc 5K Run/Walk to be held August 5. The event honors the memory of Marc J. Small, a U.S. Army Special Forces Medic who was killed in action in 2009.

The race features an accurate, measured 5K course and 2-mile walk starting and ending at the Lower Providence Fire Company, 3199 Ridge Pike in Eagleville. The 5K run begins at 8:30 a.m., followed by the walk at 8:35 a.m. New this year is chip timing by PCS. Prizes will be awarded to the top male and female overall and to the top two males and females in several age groups. The team that raises the most money also receives a prize.



There will be water stops on the course and refreshments and entertainment at the finish. Runners will receive instant results at the finish and results also will be posted on www.pretzelcitysports.com. Free parking will be available at the fire company.

For individual, team and dog registration information, visit www.lptrec.com. An Early Bird Registration discount is available to those registering before July 12.

On Your Marc was founded by Lower Providence Township residents Mary and Megan MacFarland, mother and sister of SSG Small. Proceeds from the event benefit Small Steps in Speech, a foundation created by Marc's fiancée Amanda Charney to assist children with communicative disorders. Since its inception, On Your Marc has raised over \$200,000 for the foundation to help children with the "small steps" needed to improve their speech. To learn more about Small Steps in Speech, visit www.smallstepsinspeech.org.

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