



IMMEDIATE RELEASE

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5th Annual 'On Your Marc' 5K Run/Walk: *Run for Fallen Heroes*

LOWER PROVIDENCE (April 12, 2013) - Something very special is planned to mark the 5th anniversary of the "On Your Marc" 5K event. This year, participants will be invited to run or walk in honor of a fallen hero, be it a serviceman or woman, police officer or first responder. The run will be held Saturday, Aug.3, starting and finishing at the Lower Providence Fire Company, 3199 Ridge Pike, Eagleville.

Participants can choose to run in memory of a loved one or choose a local hero prior to the race. Names of the fallen heroes will be displayed on the numbers worn by the racers.



"On Your Marc" was founded by Lower Providence Township residents Mary and Megan MacFarland. Mary's son and Megan's brother, Marc Small, was killed in action on February 12, 2009 in Afghanistan. Marc served as a Special Forces Medic with the U.S. Army. The event was established to preserve Marc's memory, as well as to benefit those he loved and volunteered to protect. The race benefits "Small Steps in Speech," a foundation created by Marc's fiancée Amanda Charney to assist children with communicative disorders. For additional information, visit www.smallstepsinspeech.com.

Look for lots of new additions on the race "in-field." There will be finish line results and times will be posted online at www.pretzelcitysports.com.

Early check-in will be held Friday, August 2, from 5 to 7 p.m. at the firehouse. Race day check-in will begin at 7:30 a.m. The race starts at 8:30 a.m. followed by the walk at 8:35 a.m. A Family Discount Rate (\$20 per person for four or more family members) and Doggie Registrations (\$15 includes doggie bandana) are available.

Prizes will be awarded to the top two males and females in eight separate age categories, as well as for the team raising the most money.

Early bird registration fee is \$20 before July 1 and includes a T-shirt. Registration before July 20 is \$25. Registration after July 20 and on race day is \$30; T-shirts available while supplies last. Registration forms are available at <http://www.lowerprovidence.org/events.htm>.

Company and individual sponsorship opportunities are available. Please call 215-450-0478 for additional information.

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