

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 for our family, but we know he would have wanted us to continue his memory in positive action. "Small Steps in Speech" is a foundation started by Marc's fiancée, Amanda Charney, to assist children with communicative disorders. Since its inception 8 years ago, On Your Marc has raised over \$275,000 for Small Steps in Speech to help children with the "small steps" needed to improve their speech.

To learn more about Small Steps in Speech visit
www.smallstepsinspeech.org



HELP SUPPORT OUR SPONSORS WHO SUPPORT ON YOUR MARC AND SMALL STEPS IN SPEECH!

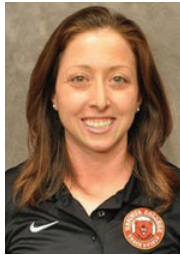


Like "On Your Marc" 5K Run/Walk and Small Steps in Speech on Facebook.

Thank you to
The Homer Group
for the brochure design.



2017 Marc Small Spirit Award



We are so pleased to introduce Crystal Bacon, nee Burnick, as the second recipient of the Marc J. Small Spirit Award. Crystal, who is Associate Head Coach/Recruiting Coordinator of the Ursinus College track and field and cross country teams, an assistant professor in the Health and Exercise Physiology department at Ursinus and a 2007 Methacton High School graduate, exemplifies the spirit, determination, and accomplishments demonstrated by SSG Marc J. Small.

Crystal brings an impressive resume as both a collegiate and elite runner and coach. She was a standout runner at Slippery Rock University, garnering Academic All-America honors all four years by qualifying for the NCAA championships and earning a GPA of 3.5 or higher. She was a two-time Atlantic All-Region Team nominee. Over the past five years, Bacon has established herself as one of the region's premier distance runners. She was recognized as the 2015 Female Long Distance Runner of the Year by the USA Track and Field Mid-Atlantic Association, and has finished in the top 10 at the Broad Street Run five times. In 2016, she was the first female to cross the finish line, completing the 10-mile race in just under 57 minutes. Bacon boasts personal bests of 16:50 in the 5k and 1:16.55 for the half marathon.

A 2011 graduate of Slippery Rock, Crystal holds a master's degree in Exercise Science and Health Promotion from California University of Pennsylvania. She is a Road Runners Club of America (RRCA) certified coach and holds a performance enhancement specialist (PES) certification and National Association of Speed and Explosion (NASE) certification through the National Academy of Sports Medicine (NASM).



As of March 13, 2017, Small Steps in Speech hit an important MARC worth celebrating. The organization has granted \$1,000,000 in therapy and treatments to children with speech and language needs across the United States! We are beyond grateful for our volunteers and donors who made this possible. And to SSG Marc Small, whose name and memory will never be forgotten; thank you for guiding us on this journey! Help us continue Marc's legacy to be heroes to children and their families who need our support! Please donate at www.smallstepsinspeech.org

9TH ANNUAL 5K RUN/WALK



IN MEMORY OF MARC J. SMALL



**Saturday, August 5th, 2017
8:30 AM**

***NEW!* CHIP TIMING provided by PCS**

Start and finish at:

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



Sponsored by Lower Providence Township and Small Steps in Speech



All Proceeds Donated to



RACE DETAILS

SCHEDULE

Race held rain or shine

Friday, August 4, 2017

5-7 pm: early check-in at Fire Department Pavilion

Saturday, August 5, 2017

7:30 am: Registration and check-in begins

8:15 am: Welcoming Remarks, National Anthem at stage

8:30 am: On Your Marc 5K run begins

8:35 am: On Your Marc 2 mile walk begins

9:30 am: Awards Ceremony

COURSE LOCATION

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

An accurate, measured 5K course starting at the Lower Providence Fire Department continuing through Eagleville Park and Lower Providence Township. 2 mile walking course.

FEES & REGISTRATION

Registration includes race T-shirt and refreshments

Early Bird Registration \$25 - Before July 12, 2017 (T-shirt included)

Regular Registration \$30 - July 12-August 2, 2017 (T-shirt while supplies last)

Late Registration \$35 - August 4 & 5, 2017 (T-shirt while supplies last)

Dog Registration \$15 (Bandana included)

Children up to 6 years FREE (no shirt included)

CATEGORIES AND AWARDS

- Top Male & Female Overall
- Top 2 Males & Females in the following age groups:
7-14 15-19 20-29 30-39 40-49 50-59 60+
- Team that raises the most money receives a prize

AMENITIES

Water stop on course, refreshments & entertainment at finish. Instant results at finish, results posted on **www.pretzelcitysports.com** in 24-48 hours. Free parking at Lower Providence Fire Department.

Contact the Race Director, Wendy Christie, for more information or to volunteer or donate.
onyourmarc@yahoo.com • 610-888-8244

SPONSORSHIP OPPORTUNITIES

On Your Marc is a true community event and an ideal venue for demonstrating your support of the community while introducing your company to participants.

- Sponsorships received by July 12, 2017 will be included on the race shirt.
- Sponsorships may be mailed to:
**On Your Marc c/o Lower Providence Township
100 Parklane Drive, Eagleville PA 19403**
or contact us at onyourmarc8@yahoo.com
- For refreshment or in-kind sponsorship contact onyourmarc8@yahoo.com

Sponsor Benefits	Exclusive Event \$10,000	Diamond \$5,000	Platinum \$2,500	Gold \$1,000	Silver \$500	Bronze \$250
Website, social media and publicity: your business name listed on race Facebook page, Small Steps in Speech website/Facebook, acknowledgment sign at race and in prep and post publicity.	✓	✓	✓	✓	✓	✓
T-shirt: your business logo printed on our race shirts	✓	✓				
T-Shirt: your name listed on our race shirts	✓	✓	✓	✓	✓	✓
Table (supplied) to showcase your product/services	✓	✓	✓	✓	✓	✓
Banner with your name on a tent, along with a giveaway item with your logo prominently displayed.		✓				
Banner Across Stage. All publicity, forms, signage, etc. will have your name and logo	✓					

HOW TO REGISTER AND DONATE

Online through August 2: www.lptrec.com and click on:

"On Your Marc" 5K run/walk

Mail: Complete form & mail to:

**Lower Providence Township c/o On Your Marc
100 Parklane Drive, Eagleville PA 19403**

Onsite: at Lower Providence Fire Department

Friday, August 4, 5 - 7 pm

Saturday, August 5, 7:30 am - 8:30 am

***Each participant must complete a form, even for teams.**

Last Name: _____

First Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Email: _____

Sex: M F Race Day Age: _____

Date of Birth: ____/____/____

Runner Walker Dog Registration

Shirt Size YL - S - M - L - XL - XXL

Team Name (if applicable): _____

Team Donation Only

Team Captain (if applicable): _____

Dog 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. **ALL DOGS MUST BE REGISTERED AND WEAR OYM BANDANA.**

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. My contact information will only be used by Lower Providence Township and Small Steps in Speech. I agree that photographs, videotapes, recordings, or any other reproduction of my image may be used for the purpose of promoting programs operated or sponsored by Lower Providence Township and Small Steps in Speech. I hereby grant permission to use such images in any media now or hereafter known for any legitimate purpose. I have read and fully understand that these terms are contractual and not a mere recital and sign it voluntarily.

Signature _____

(Parent/Guardian if under 18) Race Entry Fee Enclosed \$ _____

Date _____ Donation Enclosed \$ _____

I'm unable to participate, but enclosed is my donation Total Enclosed \$ _____

Your tax-deductible donation is greatly appreciated!