

MPMC 2nd Annual 5 miler

Health and Fitness Expo

The MPMC (Montgomery, Peters, Mercersburg Connectivity) goal is to build community vibrancy and enhance public spaces by connecting people and places with safe routes for pedestrians and bikers

The MPMC 5 mile event and Health/Fitness Expo will be held Saturday, June 16, 2012 8 am-12 pm to recognize fitness and wellness throughout Franklin County.

Expo participants will learn about proper running techniques, fitness options, and nutrition.

Mark Roschon from Newton ("Newton Natural Running") will be at the Expo!

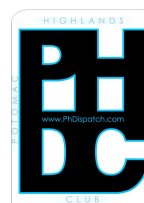
Sponsorship Opportunities

Run for Racing (\$250)	<ul style="list-style-type: none"> • 1 complimentary race entry • Space in Health/Fitness Expo • Verbal recognition at event • Business logo included on event t-shirt • Recognition in participant packets
Run For Fitness (\$100)	<ul style="list-style-type: none"> • Business name included on event t-shirts • Recognition in participant packets
Run for Fun (\$50)	<ul style="list-style-type: none"> • Recognition in participant packets
Health/Fitness Expo (\$100)	<ul style="list-style-type: none"> • Space at Health/Fitness Expo

Event Organizers:



a subcommittee of:



For more information, contact:
Danielle Fox, 717-860-5920
danielle.fox67@yahoo.com

or visit us online at:
mpmcproject.weebly.com/
and mac4wellness.org

Company Name: _____

Contact Name: _____

Address: _____

Phone: _____

Email: _____

Fax: _____

Sponsor Registration

☐ Run for Racing \$250

☐ Run for Fitness \$100

☐ Run for Fun \$50

☐ Health/Fitness Expo \$100

Return form to :

MPMC

% Danielle Fox

5344 Fort Loudon Road

Mercersburg, PA 17236

Checks payable to MACWell

Business Logo sent to

danielle.fox67@yahoo.com



2nd Annual 5-miler

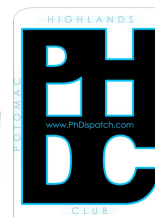
PROCEEDS BENEFIT MPMC PROJECT

The MPMC (Montgomery, Peters, Mercersburg Connectivity) goal is to build community vibrancy and enhance public spaces by connecting people and places with safe routes for pedestrians and cyclists



5 mile run/walk
Saturday, June 16, 2012 8:00 am
Lions Club Park
405 S. Park Ave. Mercersburg

The Runner's Sole



Race day registrations will take place at the Lions Club park pavilion.

Awards: 10 year age group awards based on pre-registrations

Race Day Registration and Packet Pick-up: 6:45 a.m. - 7:45 a.m.

Entry Fees: Entries postmarked by May 21, 2012 - \$30.00 with t-shirt; \$25.00 without t-shirt

Entries postmarked after May 21, 2012 - \$25.00 - no t-shirt guaranteed

(t-shirts will be ordered for pre-registered and supplied to race day registered on a first come first served basis)

Children's Fun Run - \$6.00 for the t-shirt.

Complete, clip, and mail to:
MPMC 5 miler
% Danielle Fox
5344 Fort Loudon Road
Mercersburg, Pa 17236

MPMC
Montgomery, Peters, Mercersburg Connectivity



visit us online at:
www.mpmcproject.org
and mac4wellness.org

Name: _____ Age on race day _____

Address: _____

City: _____ State: _____ Zip Code _____

Email _____

Gender (circle one) male female

t-shirt size: Adult S M L XL
Child S M L

WAIVER:

Upon acceptance of my entry, I, the undersigned, assume all the risks associated with running in this event and do hereby release and discharge MACWell, MPMC, and all other race representatives from any and all claims for damage, demands, and causes of action arising from or as a result of my participation in the race.

*Participants under 18 years of age must have a parent or legal guardian sign the application.

Athlete's signature _____

Parent/guardian must sign for runners under 18 years of age _____