

12th Annual 5K Big Red Run & Harmony Walk

IN MEMORY OF
DOREEN THORNBURY O'DONNELL,
STEVIE THORNBURY &
KAREN THORNBURY

Saturday, September 12th

8:30 am (7:30 am Registration)

Start Line: Pheasant Rd Entrance to the UM Township Bldg Park

Finish Line: Doreen Thornbury O'Donnell Memorial Playground

\$20 Registration Fee (until August 28th)

\$25 Race Day Registration Fee

The proceeds raised for this race are donated to the Upper Merion Mother's Club and will be used for a variety of community outreach and charitable programs.

In 1988, Doreen Thornbury O'Donnell founded the Mother's Club. The purpose of The Mother's Club is to foster a community of young families to provide support, social activities, and education. The Club enables its members to share experiences, contribute to the community, and further enrich their families lives.



3 ways to Register:

1. Fill out the form below and mail in to UM Park and Rec
2. Online at www.uppermerionparkandrec.org
3. Register online at www.active.com

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Complete the following, enclose check payable to "Upper Merion Township" and mail to:
Upper Merion Park and Recreation Department 175 W. Valley Forge Road, King of Prussia, Pa 19406

- I grant permission for a licensed physician and hospital to provide emergency care for the below-mentioned individual. Ambulance cost is my responsibility.
- To the best of my knowledge, the participant is in good health and is able to participate in the activity.
- In cases of accidents, I release Upper Merion Township from all claims to personal injury and property damage which may result from participation in the above trips, activities, camps, and other programs.
- The participant will abide by all rules and regulations set forth by Upper Merion Parks & Recreation relating to participation in the above trips and activities, including Upper Merion Area School District rules and regulations pertaining to illegal drugs, weapons, and smoking.
- I have read and understood, and agree to the above items.

NAME _____

PHONE # _____

ADDRESS _____

CITY, ST, ZIP _____

CIRCLE ONE: MALE FEMALE AGE (DAY OF RACE) _____

ADULT T-SHIRT SIZE: S M L XL XXL