



of Montgomery County

Volunteer – Share a lifetime of experience!

MISSION

RSVP PROMOTES
VOLUNTEERISM
PARTICULARLY AMONG
PERSONS 55+, AND
PROVIDES OPPORTUNITIES
FOR THEM TO PURSUE
THEIR INTERESTS AND USE
THEIR ABILITIES TO HELP
MEET THE CRITICAL NEEDS
OF MONTGOMERY
COUNTY.



For more information,
please call 610-834-1040
ext. 10.

RSVP OF MONTGOMERY COUNTY
350 SENTRY PARKWAY, BUILDING 640, SUITE 100
BLUE BELL, PENNSYLVANIA 19422



5K RUN

AND 1 MILE WALK

HEALTHY LIVING EXPO

SUNDAY, OCTOBER 4, 2009

9 AM

(REGISTRATION STARTS AT 8 AM)

AETNA BUSINESS CAMPUS IN

BLUE BELL, PA

Supporting RSVP Programs



of Montgomery County

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www.rsvpmc.org

FUN FOR ALL!!!

- ♥ Fun & Prizes
- ♥ Entertainment
- ♥ Refreshments
- ♥ Healthy Living Expo
- ♥ Health Check Stations
- ♥ Tasty Samples of Healthy Cooking

Here's your chance to have fun, run a 5K, or walk for a good cause! Runners and walkers of all ages are welcome. Please fill out the attached registration form and mail it with your registration fee to:

RSVP
350 Sentry Parkway
Building 640, Suite 100
Blue Bell, PA 19422

Or register online at
www.rsvpmc.org or
www.signmeup.com

START/FINISH: AETNA
Aetna Building 2
1425 Union Meeting Road
Blue Bell, PA 19422

For more information, call
Margi,
610-834-1040 (Ext. 10)
margic@rsvpmc.org

REGISTRATION

- ♥ Entry Fees: \$15 (Ages 17-64)
\$10 (Ages 6-16)
\$10 (Over 65-Senior Discount)
FREE (Under 6)

♥ Day-of Event : \$20

♥ Please make checks payable to RSVP and mail to:
RSVP
350 Sentry Parkway
Building 640, Suite 100
Blue Bell, PA 19422

♥ **RACE IS RAIN OR SHINE-NO REFUNDS**

I'd like to participate in:

5K Run 1 Mile Walk (Please check one)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

SEX: M F (Please Circle One)

AGE: _____ (on September 27, 2009)

T-SHIRT SIZE: S M L XL XXL

(Please check one)

I can't participate but will donate \$ _____ for RSVP.

How did you hear about our race? _____

HOSTED BY



5K RUN

AWARDS:

First Male & Female Overall

MEDALS FOR EACH
DIVISION WINNER!

AGE DIVISIONS:

- ♥ 14 and under
- ♥ 15-19
- ♥ 20-29
- ♥ 30-39
- ♥ 40-49
- ♥ 50-59
- ♥ 60-69
- ♥ 70 and over

**Guaranteed tee shirts for
all who register prior to
September 24th.**

1 MILE WALK

- ♥ One mile shaded course around the
Aetna BusinessCampus

Waiver/Release: I know that I am participating in a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I know that, although police protection will be provided, there may be some traffic on the race route. I assume any risk associated with this activity including, but not limited to, falls, contact, weather, hazardous road conditions, and all risks known to me. I understand that bikes, skateboard, in-line skates, and animals are not allowed in the activity, and I will abide by those guidelines. Thereby, for myself, my heirs, my executors or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge, RSVP of Montgomery County and Aetna, and other sponsors, and anyone acting on their behalf from any and all claims of liability of death, personal injury, or property damage whatsoever arising from my participation in this activity. I grant full permission to RSVP to use my image for recording of this activity in any format or media.

Date: _____
Signature or Signature of Guardian (if under 18)

Please sign above