

# Join the **RACE TO END HUNGER** in the North Penn region!

## Manna's Mission

Since 1981, Manna on Main Street has been committed to ending hunger in the North Penn region by providing food, fulfilling social service and education needs, and conducting community outreach. Through a food pantry and soup kitchen, emergency financial aid, counseling and referrals, and education opportunities, we serve those in need with the hope "that everyone might be fed."

## With your help this past year, Manna has...

- Distributed 460,300 pounds of food to more than 2,730 individuals in need;
- Provided 37,490 meals to the working poor, the elderly and the homeless;
- Coordinated more than \$116,800 in emergency financial aid with the support of community partners;
- Assisted individuals through our education program, including job readiness, financial planning and computer literacy classes.
- Engaged extraordinary supporters with over 3,000 volunteer base, offering their time and talents to help others.
- Opened the Common Grounds Cafe and launched the Common Grounds Training Program to lift individuals beyond hunger to self-sustaining opportunities.

# Thank you!

Our thanks to the 2015 sponsors



**CHAMPION SPONSOR**

**SPRINT SPONSOR**

In Honor Of Kareem Afzal's Board Leadership,  
Manna Board of Directors

**JOG SPONSORS**



**STRIDE SPONSORS**

[www.mannaonmain.org](http://www.mannaonmain.org)  
606 E Main Street, Ste 1001, Lansdale, PA 19446  
manna@mannaonmain.org • 215-855-5454

Saturday,  
April 1, 2017

# 6th ANNUAL RUN

ON YOUR MARK,  
GET SET,  
GO!



Join us for a 5K, 5-Mile, Fun Run and Shopping Cart Challenge to help end hunger in the North Penn region at Knapp Elementary School.



ALL PROCEEDS BENEFIT



Ending Hunger  
Building Community  
Transforming Lives

Saturday,  
April 1, 2017

YOU CAN HELP  
**AND HAVE  
FUN!**

## Date & Time

Saturday, April 1, 2017 • Rain or shine

Fun Run	8:00 AM
5K & 5-Mile Race	8:20 AM
Shopping Cart Challenge	9:30 AM

## Location

Knapp Elementary School  
698 Knapp Road  
Lansdale, PA 19446



## Race Information

### Course

Join us for the 6th Annual Race Event! This event is for all ages and running abilities. Race begins and ends at Knapp Elementary School, winding through the streets of east Lansdale. Runners, run/walkers, walkers, and strollers are welcome. Bring your family for fun activities and kids zone!

*Professionally chip-timed by Run the Day.*

### Competition Divisions

- Male & female
- Age groups: 5-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

### Prizes

- 5K and 5-Mile overall male and female runners
- 5K and 5-Mile 1st, 2nd & 3rd place male and female runners in each age group

### Race Giveaways

Bonus giveaway to Early Registrants! 5K, 5 Mile, Fun Run and Shopping Cart participants will receive surprise giveaways.

### Packet Pick-up

4-7 pm, Thursday, Mar 30  
4-7 pm, Friday, Mar 31

Manna on Main Street at North Penn Commons  
606 E Main Street, Ste 1001  
Lansdale, PA 19446  
[www.mannaonmain.org](http://www.mannaonmain.org)

## Registration

### Online Registration

[www.runtheday.com](http://www.runtheday.com) | Search: Manna on Main

*Online service fee will apply.*

### Drop-Off Or Mail Your Registration Form With Payment To:

Manna on Main Street  
Attn: 5K Race  
606 E Main Street, Ste 1001, Lansdale, PA 19446

**Please make checks payable to Manna on Main Street.**

### Race Day Registration

7:00-8:00AM, Knapp Elementary School

### Registration Fees (non-refundable)

- 5-Mile Run: \$35 by Feb 15; \$40 after Feb 16; \$45 walk-on day of race
- 5K Run: \$30 by Feb 15; \$35 after Feb 16; \$40 walk-on day of race
- Fun Run: \$10 by Feb 15; \$15 after Feb 16; \$20 walk-on day of race
- Shopping Cart Challenge: \$50

## Volunteer/Contact

### Join Us As A Race Volunteer!

Contact the Race Volunteer Coordinator,  
Jennifer Casta at [manna5kvolunteers@outlook.com](mailto:manna5kvolunteers@outlook.com)

### For More Information

Visit [www.mannaonmain.org/5k](http://www.mannaonmain.org/5k)  
Call: 215-855-5454  
Email: [manna@mannaonmain.org](mailto:manna@mannaonmain.org)

## Returning Favorites!

### Shopping Cart Challenge

#### Collect Food For Manna's Market And Test Your Shopping Cart Skills!

Teams of four will compete in a 50-yard shopping cart relay dash following the other races. In advance, collect as much food as possible for Manna's pantry. Ask friends, family and colleagues to donate food. The team that collects the most food items wins a top prize! At the race, food will be distributed evenly in the shopping carts. Your challenge is to get to the finish line with the fastest time. Prizes will be awarded for the top time, as well as most creative cart and team costume, so bring items to decorate and wear. We'll provide the shopping carts. You bring the food and fun!

### Shopping Cart Challenge Team Entry Fee

\$50 per team (4 members)

### Shopping Cart Challenge Registration

All team members must sign a waiver before competing in the challenge. If participants are under 18, a guardian must sign a waiver by mail or on race day.

**Register online:** [www.runtheday.com](http://www.runtheday.com)

Search: Manna on Main

**Register by mail:** Send the registration form and \$50 payment to Manna on Main Street, 606 E Main Street, Ste 1001, Lansdale, PA 19446

**Questions:** Contact Maureen at [devasst@mannaonmain.org](mailto:devasst@mannaonmain.org), 215-855-5454 Ext 25.



# REGISTER TODAY!

Return this form and your registration fee to: Manna on Main Street, Attn: 5K Race  
606 E. Main Street, Suite 1001, Lansdale, PA 19446

## I am registering for:

- 5-Mile Race** - 5-Mile Run: \$35 by Feb 15; \$40 after Feb 16
- 5K Race** - \$30 by Feb 15; \$35 after Feb 16
- Fun Run** - \$10 by Feb 15; \$15 after Feb 16
- Shopping Cart Challenge** (see reverse for team info) - \$50 per team of 4
- FREE - I am registering a child age 6 or under** for Fun Run, with paid adult. Participating child's name: \_\_\_\_\_
- YES!** I will donate \$6 extra dollars in honor of Manna's 6th annual event and help feed more people in our community.

## Giveaways! *You will receive the giveaways at packet-pickup*

### T-shirts for Fun Run & Early Race Registrants

Please check only one size:

Adult  S  M  L  XL  XXL (or Child size)  S  M  L  XL

**Complete Shopping Cart Challenge  
team info on the back of this form**



## Contact Information of participant (print clearly) **One form per participant**

FIRST NAME \_\_\_\_\_ LAST \_\_\_\_\_

ADDRESS \_\_\_\_\_ SUITE/APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ GENDER \_\_\_\_\_

HOW DID YOU HEAR ABOUT THIS EVENT?

SOCIAL MEDIA  FAMILY, FRIENDS  WEBSITE  PRINT / OTHER \_\_\_\_\_

Please read carefully. In consideration of my acceptance of this entry, I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and claims for damages I may have against the sponsors, coordinating groups and individuals associated with the event, their representatives, successors and assigns and will hold them harmless for any and all injuries I may suffer in connection with said event. Also, none of the above are responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned that I must be in good health to participate in this event. I give permission for the free use of my name and picture in any broadcast, telecast, electronic or print media account of this event. I also hereby consent to permit emergency treatment in the event of injury or illness.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN'S SIGNATURE (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

# SHOPPING CART CHALLENGE TEAM REGISTRATION



**Your Name** \_\_\_\_\_ (complete information on reverse side of form) **Your Team Name** \_\_\_\_\_

Please read carefully: In consideration of my acceptance of this entry, I hereby agree for myself, my heirs, my executors and administrators to waive any and all rights and claims for damages I may have against the sponsors, coordinating groups and individuals associated with the event, their representatives, successors and assigns and will hold them harmless for any and all injuries I may suffer in connection with said event. Also, none of the above are responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned that I must be in good health to participate in this event. I give permission for the free use of my name and picture in any broadcast, telecast, electronic or print media account of this event. I also hereby consent to permit emergency treatment in the event of injury or illness.

## Team Member #2 >>>

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ SUITE/APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN'S SIGNATURE (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

## Team Member #3 >>>

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ SUITE/APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN'S SIGNATURE (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_

## Team Member #4 >>>

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ SUITE/APT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

GUARDIAN'S SIGNATURE (IF UNDER 18) \_\_\_\_\_ DATE \_\_\_\_\_