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for supporting this event!

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**www.mannaonmain.org**

713 W. Main Street, Lansdale, PA 19446  
manna@mannaonmain.org • 215-855-5454

ON YOUR MARK,  
**GET SET,**  
**GO!**



**5K Race &  
1 Mile  
Fun Run**

5K Race and 1 Mile Fun Run  
to help end hunger in the  
North Penn region.

**October 11, 2014**  
KNAPP ELEMENTARY SCHOOL

Thank you for **racing to help end hunger**  
in the North Penn region!  
*All Race proceeds benefit Manna on Main Street.*

#### 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 344,383 pounds of food to 999 households in need;
- Provided 36,455 meals to the working poor, the elderly and the homeless;
- Coordinated more than \$75,000 in emergency financial aid with the support of community partners;
- Engaged extraordinary supporters, with 2,225 volunteers offering their time and talents to help others;
- Launched an education program to help lift individuals up beyond hunger to self-sustaining opportunities.

#### With your support we can help friends like Lindora.

Lindora started shopping in Manna's food pantry when she was no longer able to work due to multiple sclerosis. We provided food for awhile, but soon, Lindora could no longer travel to our pantry. It was too painful to even climb her stairs at home; she needed help. Manna was able to pay for part of her security deposit for a ground-floor apartment. Lindora was relieved to have a safe and comfortable place to live. She explained that, "Once I got sick, my life changed so fast. I really needed help, and Manna was there for me." Although she still struggles, Lindora is doing a little better each day. Manna is working with her to coordinate transportation options so that she can use our pantry when needed. Lindora is grateful for our community's care.

**Your race registration helps friends like  
Lindora and so many others in need.  
Thank you!**



# JOIN THE RACE TO HELP END HUNGER IN THE NORTH PENN REGION!

## Date & Time

Saturday, October 11, 2014 Rain or shine  
1 Mile Fun Run 8:00 AM  
5K Race 8:30 AM  
Shopping Cart Challenge 9:30 AM

## Location

Knapp Elementary School  
698 Knapp Road, Lansdale, PA 19446

## Register Today!

One form per participant.

Please complete the registration form and return to Manna with your registration fee to:

Manna on Main Street  
Attn: 5K Race  
713 W. Main Street, Lansdale, PA 19446

### Race Information

#### Course

Join us for the 4th 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 overall male and female runners
- 5K 1st, 2nd & 3rd place male and female runners in each age group

#### Race Giveaways

The first 300 5K participants will receive a large insulated cooler bag – a unique giveaway. All 1 Mile Fun Run and Shopping Cart Challenge participants will receive a cotton t-shirt. Select your size to the right on the registration form.

#### Packet pick up

4-7pm, Thursday, October 9  
4-7pm, Friday, October 10

North Wales Running Company  
111 N Main St, North Wales, PA 19454  
(215) 699-4282  
www.northwalesrunningco.com

### Registration

#### Online registration

www.active.com | Search: Manna on Main

Online service fee will apply.

#### Mail your registration form with payment to:

Manna on Main Street  
Attn: 5K Race  
713 W. Main Street  
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)

- 5K Run: \$30 by Aug 31, \$35 after Sept 1
- 1-Mile Fun Run: \$10 by Aug 31; \$15 after Sept 1

### Volunteer/Contact

#### Join us as a race volunteer!

Contact the 5K Race Volunteer Coordinator, Jennifer Garner: Foilfencer27@verizon.net, 484-919-8333

#### For more information

Visit www.mannaonmain.org/5k

#### Contact the Race Chair

Annmarie Mangin, amfmangin22@gmail.com

#### Contact Manna on Main Street

manna@mannaonmain.org, 215-855-5454

### Returning Favorites!

#### Community Breakfast

Our race participants have free access to our breakfast bar following the race. Community members are welcome to enjoy our breakfast for \$5.

#### Shopping Cart Challenge

Collect food for Manna's food pantry and test your shopping cart skills!

Teams of four will compete in a 50-yard shopping cart relay dash following the 5K race. 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

Manna will contact the individual who registers for additional team member and shirt information. 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.active.com  
Search: Manna on Main

Register by mail: Send the registration form and \$50 payment to Manna on Main Street

Questions: Contact Julie McCabe,  
julie@mannaonmain.org, or 215-855-5454, ext 15

#### I am Registering for:

- ☐ 1 Mile Fun Run
- ☐ 5K Run
- ☐ Shopping Cart Challenge

5K Giveaway: Large insulated coolers

#### 1 Mile Fun Run & Shopping Cart Challenge Shirts please check only one size:

Adult ☐ S ☐ M ☐ L ☐ XL ☐ XXL  
Child ☐ S ☐ M ☐ L ☐ XL

#### Contact Information (print clearly)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |                                                                  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|------------------------------------------------------------------|--|
| FIRST NAME                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |       | LAST NAME                                                        |  |
| ADDRESS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |       | SUITE/APT                                                        |  |
| CITY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | STATE | ZIP CODE                                                         |  |
| EMAIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |       |                                                                  |  |
| PHONE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |       | <input type="checkbox"/> MALE<br><input type="checkbox"/> FEMALE |  |
| AGE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |       | DATE OF BIRTH                                                    |  |
| <p>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.</p> |       |                                                                  |  |
| SIGNATURE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |       | DATE                                                             |  |
| GUARDIAN'S SIGNATURE (IF UNDER 18)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |       | DATE                                                             |  |