

REFRESHMENTS

& MUSIC

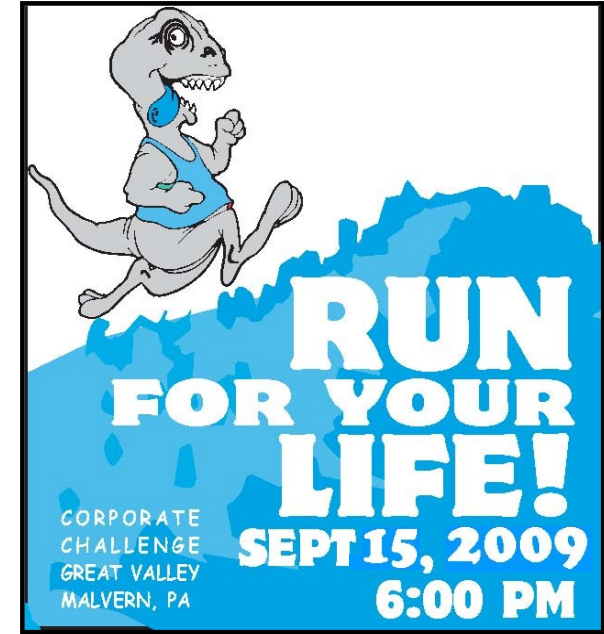
Run for Your Life! GVCC 5K Charity Race

Liberty Property Trust

500 Chesterfield Parkway, Malvern, PA 19355

**LIBERTY PROPERTY TRUST
PRESENTS**

19th Annual



WHERE:

Start & Finish Outside

2 West Liberty Boulevard

Great Valley Corporate Center

Malvern, PA

Registration Begins at 4:30pm

WHY:

To Benefit

Community Volunteers in Medicine

And

East Whiteland Volunteer Fire Assoc.

EVENTS:

5k Run * 5K Walk (3.1 miles)

Www.gvcc5k.com

PLEASE NOTE - Individuals are welcome to participate and receive individual and team awards in more than one event. Please indicate each category you are entering on your application—5K Run, 5K Walk, Team Division must be present to receive award.

AWARDS

Overall 1st place Male/Female
Overall 2nd place Male/Female
Overall 3rd place Male/Female
Age Groups Top 3 Male/Female

AGE GROUPS

13 & under 40 - 49
14 - 17 50 - 59
18 - 29 60 - 69
30 - 39 70 & over

TEAM DIVISION

Four or more needed per team. The top four times from each team are added together for scoring.

AWARDS

1st, 2nd, 3rd Team Awards

5K WALK

Walkers welcome! Will take place at the same time as the Run on the same course. Untimed fun event.

ENTRY FEES

\$15.00 pre-registration for all categories

\$20.00 late registration after September 2nd and on race day.

MAKE ALL CHECKS PAYABLE TO

GVCC 5k Charity Race

POST RACE PARTY

Music & Refreshments for Racers/ Walkers

DIRECTIONS

From Philadelphia/Schuylkill Expressway—Rt 76: Take Route 76 West to King of Prussia. Take 202 South to Great Valley (Rt 29) exit. Take a left at light onto Swedesford Road. Go through traffic light across Route 29 and take your first right onto West Liberty Boulevard. Follow signs.

From King of Prussia: Take 202 South to Great Valley (Rt 29) exit. Take a left at light onto Swedesford Road. Go through traffic light across Route 29 and take your first right onto West Liberty Boulevard. Follow signs.

From Phoenixville: Follow Route 29 South towards Malvern. Drive past the GVCC on your right. Turn right onto West Liberty Boulevard. Follow signs.

From West Chester/Exton: Take 202 North to Great Valley (Rt 29 exit). At end of exit ramp, turn right onto Matthews Road. At light, turn right onto Rt 29 N (Morehall Road). Go through light (Swedesford Road) and take first left onto West Liberty Boulevard. Follow signs.

Cut along the dotted line



Run for Your Life Race Application

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Last Name

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First Name

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Street Address

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City of Town

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State Zip Code Sex Age on 9/15/09

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Home Phone

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Work Phone

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E-mail Address

Category(ies) Entering:

5K Run 5K Walk

Team Name _____

No one may enter the Run for Your Life without reading, understanding, and signing this waiver. In consideration of my participation in this event, I do hereby, for myself, my heirs, and personal representatives, release and discharge Liberty Property Limited Partnership, all race officials, volunteers, assisting medical personnel, all sponsors, Tredegar & East Whiteland Police and Townships, and any person connected with this event, their employees or representatives, successors and assigns, from any and all liability for death or damages for any and all injuries to me or my property arising out of any connection with my participation in this event. I further agree that I will defend, indemnify, and hold harmless all claims, demands and causes for action including court costs and attorney's fees directly or indirectly arising from any action or other proceeding presented for my benefit contrary unknown. I attest that I have full knowledge of the risks involved in this event and am sufficiently trained to participate. Also, I grant my permission to Liberty Property Trust and its authorized agents to use my name and/or picture in publications, video or other accounts of this event.

Signature _____ Date _____

Signature of Parent or Guardian if under 18

_____ Date _____

**UNSIGNED OR INCOMPLETE APPLICATIONS
WILL BE RETURNED**