

REFRESHMENTS

& MUSIC

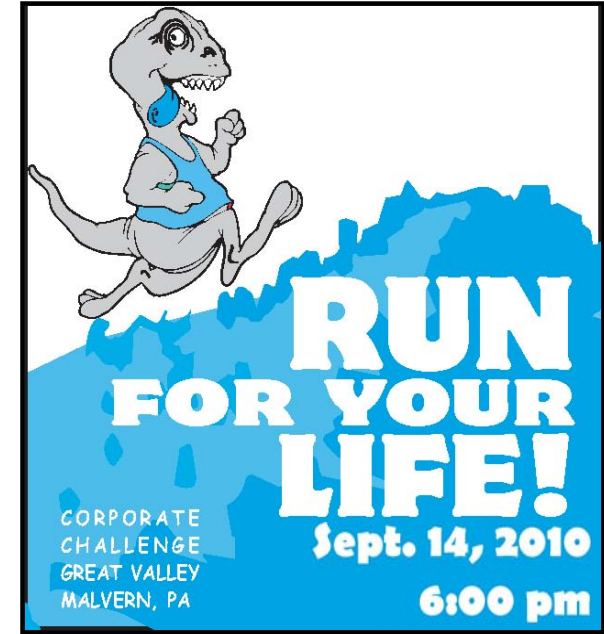
Run for Your Life! GVCC 5K Charity Race

Liberty Property Trust

500 Chesterfield Parkway, Malvern, PA 19355

**LIBERTY PROPERTY TRUST
PRESENTS**

20th Annual



WHERE:

We are BACK to the old route!

Start & Finish at

16 Great Valley Parkway

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. 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.

REGISTRATION

Application and Entry Fee can be sent to:
Liberty Property Trust
500 Chesterfield Parkway
Malvern, PA 19355
Attn: GVCC 5K Race

Questions?

Meghan Spurlock
Liberty Property Trust
610-648-1790
mspurlock@libertyproperty.com

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

***T-Shirts available
for the first 300 registrants!***

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. Go through 1st light. At next light turn right onto Morehall Road (Rt 29). Go .8 miles to next light. Turn left onto Great Valley Parkway. Turn left into 16 GVP.

From King of Prussia: Take 202 South to Great Valley (Rt 29) exit. Go through 1st light. At next light turn right onto Morehall Road (Rt 29). Go .8 miles to next light. Turn left onto Great Valley Parkway. Turn left into 16 GVP.

From Phoenixville: Follow Route 29 South (Phoenixville Pike). Turn left onto Morehall Road to continue on Rt 29. Go 1 mile. Turn right onto Great Valley Parkway. Turn left into 16 GVP.

From West Chester/Exton: Take 202 North to Great Valley (Rt 29 exit). Turn right at 1st light. After .5 miles turn right again onto Rt 29 (Morehall Road). Go 1 mile. Turn left onto Great Valley Parkway. Turn left into 16 GVP.

Run for Your Life Race Application

Last Name

First Name

Street Address

City of Town

State Zip Code Sex Age on 9/14/10

() - () - _____
Home Phone Work Phone

E-mail Address

T-Shirt Size (circle one): S M L XL

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, Tredyffrin & 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**

Cut along the dotted line

