

**BEER GARDEN**

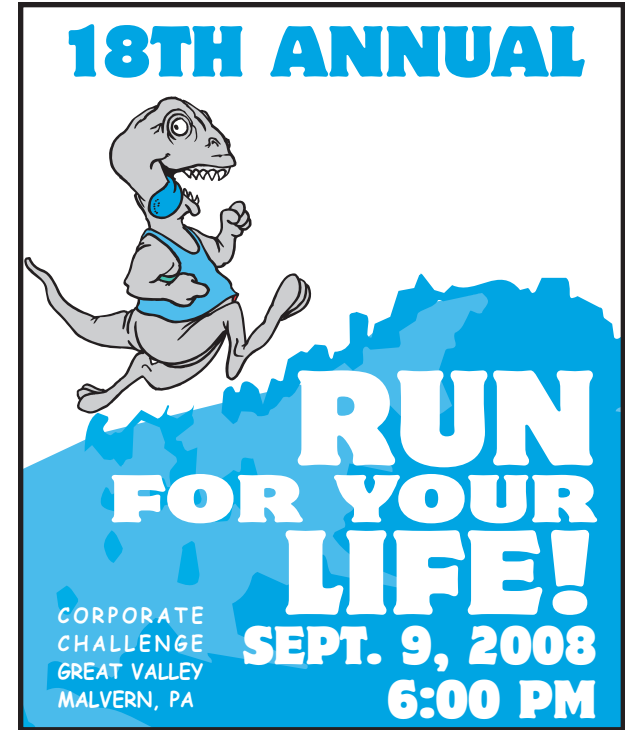
**& MUSIC**

**FREE FOOD FOR RACERS AND WALKERS**

**Run for Your Life! GVCC 5K Charity Race**

Liberty Property Trust  
500 Chesterfield Pkwy, Malvern, PA 19355

**LIBERTY PROPERTY TRUST &  
THE BOATHOUSE  
PRESENTS**



**WHERE:**

Start & Finish  
Outside Flanigan's Boathouse Restaurant  
Great Valley Parkway  
Great Valley Corporate Center  
Malvern, PA

**Registration Begins at 4:30 PM**

**WHY:**

To Benefit  
**Community Volunteers in Medicine**  
**And**  
**East Whiteland Volunteer Fire Assoc.**

**EVENTS:**

5K Run • 5K Walk (3.1 miles)  
[www.gvcc5k.com](http://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.

Brochure compliments of



DESIGN ■ COPY ■ PRINT ► COMMUNICATE

10 Liberty Boulevard, The Shops at Great Valley, Malvern, PA 19355  
Phone. 610.296.2700 Fax. 610.296.3003  
Email. us280@alphagraphics.com http://us280.alphagraphics.com

**ENTRY FEES:**

\$20.00 pre-registration for all categories  
\$25.00 Late registration after September 2nd and on race day

**MAKE ALL CHECKS PAYABLE TO:**

GVCC 5K Charity Race

**T-SHIRTS:** For the first 400 registrants

**POST RACE PARTY:**

Music & Free Food for Racers/ Walkers:  
Provided by The Boathouse  
*Food for non-racers, family and friends available at a nominal price, all proceeds benefiting Community Volunteers in Medicine.*

**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 N) Go .8 miles to next light. Turn left on Great Valley Parkway. Follow signs.

**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 N) Go .8 miles to next light. Turn left Great Valley Parkway. Follow signs.

**From Phoenixville:** Follow Route 29 South (Phoenixville Pike) until it comes to a T. Turn left onto Rt 29 N (Morehall Road). Go 1 mile. Left at Great Valley Parkway. Follow signs.

**From West Chester/Exton:** Take 202 North to Great Valley (Rt 29 exit) At end of exit turn right onto Rt 29 N (Morehall Road) Go 1 mile. Left at Great Valley Parkway. Follow signs.

www.gvcc5k.com

Liberty Property Trust • 610-722-4128 • Whitney Hendee

whendee@libertyproperty.com

**Send Application with Payment to:**

c/o GVCC 5K Charity Race  
500 Chesterfield Parkway  
Malvern, PA 19355  
Attn: Whitney Hendee

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 or Town

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State Zip Code Sex Age on 9-9-08

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Area Code Home Phone

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Area Code Work Phone

E-mail Address \_\_\_\_\_

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

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, Tredyffrin & East Whiteland Police and Townships, and any person connected with this event, their employees 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 to this release. This release extends to all claims whether foreseen or 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**