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SPONSORS!**

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Association



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Einstein

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The Times Herald
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**5K RUN-WALK
DISCLAIMER**

In consideration of this entry being accepted, I hereby, for myself, my heirs, executors and administrators, waive and release any claims that I may have against the city/borough of Conshohocken, Conshohocken FUN-FEST, The Daily Grind Fitness, Run the Day, the sponsors, their representatives, successors, assignees, or volunteers for any injuries that may be suffered by me in this event. I also give permission for the use of my name and/or picture in any newspaper, broadcast or other account of this event. I certify that I am in physical condition for this event.

Signature

(Note: If under 18, a parent or guardian MUST sign form.)

Date

- OUR CHARITIES -

**FELLOWSHIP HOUSE
OF CONSHOHOCKEN**

The Fellowship House of Conshohocken provides recreation and leisure service opportunities for citizens of the Borough of Conshohocken and the surrounding area. The delivery of this wholesome, socialization/skill-oriented environment assists individuals in obtaining a positive attitude about themselves and their community.

**COLONIAL
NEIGHBORHOOD COUNCIL**

The Colonial Neighborhood Council, in existence since 1967, is an incorporated, non-profit, voluntary community organization. It serves youth, the elderly, unemployed, underemployed and disadvantaged individuals and families in the Borough of Conshohocken, and the townships of Plymouth and Whitemarsh.

Colonial Neighborhood Council operates "The Well", a thrift store offering a wide selection of household items and clothing for adults and children. They provide emergency aid and referrals to help individuals and families who are facing short-term emergencies. Experienced Council staff members make referrals to appropriate community service agencies & help individuals in their contact with those agencies. CNC also runs the Meals on Wheels program, with volunteers delivering daily meals to homebound clients.

CNC is supported by individual donations, area businesses and churches, the Colonial School District, and community organizations as well as the Montgomery County Office on Aging and Adult Services. Volunteers are always needed and appreciated.



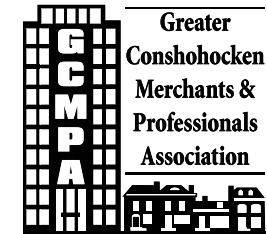
**CONSHOHOCKEN
19TH ANNUAL
FUNFEST**



5K RUN WALK 2011

**SATURDAY,
SEPTEMBER 17, 2011**

SPONSORED BY



Greater
Conshohocken
Merchants &
Professionals
Association

**RACE BEGINS AT
THE "B FIELD"
13TH AVE. &
HALLOWELL ST.**

**FUNFEST
LOCATED AT
THE "A FIELD",
11TH AVE. &
HARRY ST.**

- **REGISTRATION: 9:00 A.M.**
- **GROUP WARM-UP: 9:45 A.M.**
- **RACE BEGINS: 10:00 A.M.**
- **FUNFEST ACTIVITIES BEGIN
AFTER RACE - TILL 6PM**

*Benefiting
The Fellowship House,
The Colonial Neighborhood Council
and Other Local Charities*

**VIEW THE COURSE AT
WWW.CONSHYFUNFEST.COM**

THE DAY BEGINS WITH A...

5K RUN & FUN WALK

Come join us on Saturday, September 17, 2011. Race registration begins at 9:00 am at the Conshohocken "B" Field located at East 13th Avenue and Hallowell Street. The 5K Run and Walk through Conshohocken to benefit the Fellowship House of Conshohocken and The Colonial Neighborhood Council begins at 10am. Your donations and support are greatly appreciated.



Walk with your entire family and bring your pets and baby strollers!

RACE AMENITIES

T-Shirt (1st 400)
Refreshments
Award Ceremony

PLEDGE GIFTS

\$50..... T-Shirt
\$100.... Hat & T-Shirt
\$150.... Golf Shirt, Hat & T-Shirt
\$300.... Jacket, Golf Shirt, Hat & T-Shirt

5K AWARDS

including Age Groups & Special Olympics

RACE TIMING & COORDINATION

Race Coordinated By:



REGISTRATION

9:00 a.m. at E. 13th Avenue & Hallowell Street

PRE-RUN STRETCH

9:45 a.m. by The Daily Grind Fitness



THE DAY CONTINUES WITH...

- MAIN EVENTS -

FEST ACTIVITIES

Adults and children alike can all take part in the fun activities at the FUNFEST. "Kids Korner" featuring moonbounces, sand art, face painting, cotton candy, popcorn, snowcones and other arts and crafts sponsored by Beanie Bounce Party Rentals.

ARTS AND CRAFTS

Crafters from the Delaware Valley area will be showing and selling their unique wares. Perfect time to purchase your holiday gifts.

FOOD AND BEVERAGES

Come taste some of the fabulous food Conshohocken has to offer including: cheesesteaks, pork sandwiches, hot wings, sweets and more.

ENTERTAINMENT (11AM-6PM)

The Storehouse Church Band, The Heat Run Band, and DJ Dale Sherry of Sherry Productions will be rocking all day long with a variety of classic rock, R&B, and Funk. The entertainment begins immediately following the race. There will be something for everyone to enjoy.



CONSHOHOCKEN 5K RUN-WALK & FUNFEST PLEDGE FORM & APPLICATION

Name _____

Address _____

City _____ State _____

Zip _____

Phone _____

Email _____

Age _____ Male Female

SPONSOR'S NAME _____ PHONE _____ \$ AMOUNT _____

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Total Amount _____

Please make check payable to Conshohocken FUNFEST

**VISIT OUR WEBSITE:
WWW.CONSHYFUNFEST.COM**

You do not need to secure pledges to participate, but every dollar helps. Ask your employer about company matching grants.



SIGN-UP FOR:

Early Registration* Online Registration

Mail Only & Race Day

5K Run.. \$15.00.....\$18.00

FUN WALK..... \$15.00.....\$18.00

I am unable to attend but my donation is \$_____.

Fee Waived for Special Athlete

Total: _____

T-Shirt Size: S M L XL

Method of Payment: Cash Check

* Be sure to sign waiver on reverse side.

DIRECTIONS:

From Philadelphia, 76-Schuylkill, Conshohocken Exit. At the bottom of the ramp go straight over the bridge onto Fayette Street. Race begins at E. 13th & Hallowell Street. Take Fayette Street to E. 13th Avenue and make a right. Follow to Hallowell. Volunteers will be available to direct participants to registration and race start.



MAIL ALL RACE APPLICATIONS TO RACE SPONSOR:

The Daily Grind Fitness
Attn.: Christy Robinson
4 East First Avenue, Suite 101
Conshohocken, PA 19428

RACE INFORMATION:

Contact Christy Robinson at The Daily Grind Fitness
(215) 880-5299

christy@dailygrindfitness.com

*Checks must be received by September 10, 2011.

