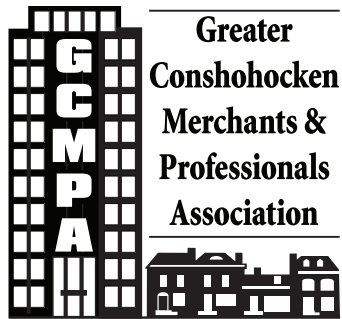


**THANKS TO  
ALL OF OUR  
EVENT & PLATINUM  
SPONSORS!**

**MAIN EVENT SPONSORS**



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Association



**KEYSTONE FOODS...**



**CONSHOHOCKEN  
ITALIAN BAKERY**

**GOLD SPONSORS**

- Flocco's Discount Shoes
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- Richard's Electric
- Dancing Feet Music
- Paratherm Corporation
- Storehouse Church
- Sovereign Bank



**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, Motivation Fitness, Philadelphia Sports & Social Club, 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 Whitmarsh.

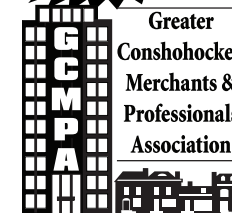
Colonial Neighborhood Council operates "The Well", a thrift store offering a wide selection of household items and clothing for adults and children. They provide emergency aid and referrals to help individuals and families who are facing short-term emergencies. Experienced Council staff members make 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.



**NEW LOCATION  
AT E. 13TH AVE. &  
HALLOWELL ST.**

SPONSORED BY



Greater  
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**KEYSTONE FOODS...**



**CONSHOHOCKEN  
ITALIAN BAKERY**

Benefiting

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

**NEW RACE COURSE  
VISIT  
WWW.CONSHYFUNFEST.COM  
FOR NEW ROUTE.**

**SATURDAY,  
SEPTEMBER 11, 2010**

**REGISTRATION: 9:00 A.M.**

**GROUP WARM-UP: 9:45 A.M.**

**RACE BEGINS: 10:00 A.M.**

**WWW.CONSHYFUNFEST.COM**

