

# How can I help abused children?

## getting pledges

**Invite your friends and family to share in the fun and the cause!**

Your Run fees support legal and social services for abused and neglected children. Invite others to sponsor you and raise awareness and resources for *MCAP's* life-changing work.

*Runners/Walkers who collect more than \$250 in pledges will receive special prizes.*

## pledge form

All participants are encouraged to collect pledge payments in advance and bring them with a copy of this form to the event, or mail in advance to:

MCAP  
409 Cherry Street  
Norristown, PA 19401

Photocopy this form for additional pledges and for your records. Please have your sponsors make their checks payable to **MCAP**.

Participant Name \_\_\_\_\_

Sponsor Name	Pledge Amt	Amt Received
1		
2		
3		
4		
5		
6		

### Registration

You can register and find directions online at [www.runforthehillofit.org](http://www.runforthehillofit.org) or [www.mcapkids.org](http://www.mcapkids.org)

### Volunteers

If you would like to help out at this year's race, contact Mary Pugh at 610-279-1219.

Registrants will receive a t-shirt on either packet pick-up day or race day only. Courtesy shuffle will be available from parking areas to the race. Allow time to get to the race by 8:30am sharp.

**MCAP**

Montgomery Child Advocacy Project  
409 Cherry Street  
Norristown, PA 19401



presents

# 23<sup>rd</sup> Annual RUN FOR THE HILL OF IT

## 5-MILE RUN & 1-MILE FUN WALK

Saturday  
JULY 31, 2010  
8:30AM

Northwestern Avenue and  
Forbidden Drive in  
Fairmount Park  
Chestnut Hill, PA 19118

Montgomery Child Advocacy Project  
409 Cherry Street  
Norristown, PA 19401  
Phone (610) 279-1219  
Fax (610) 279-5525  
[www.mcapkids.org](http://www.mcapkids.org)



# MCAP RUN FOR THE HILL OF IT

**Saturday JULY 31, 2010  
8:30AM**

**Fairmount Park  
Northwestern Avenue  
and Forbidden Drive  
Chestnut Hill, PA 19118**

## About MCAP

MCAP is a nonprofit organization providing free legal representation and other social services to abused and neglected children. Sadly, children are often abused and mistreated by someone close to them. To heal from abuse and neglect, the young victims participate in the legal proceedings and realize that the wrong-doers are held accountable for their horrific behavior. MCAP advocates protect the interests of these fragile children and become their voice in a chaotic and complex legal arena. The goal of MCAP is to serve child victims and help them to heal and learn to trust others. Since its inception as a nonprofit in 2004, MCAP has cumulatively served over 1590 children in 990 cases. For more information about MCAP, visit our website at [www.mcapkids.org](http://www.mcapkids.org).

## Race Information

- USATF Sanctioned & Certified
- Distance: 5 miles
- Location: Fairmount Park, Chestnut Hill, PA 19118
- Date: Saturday, July 31, 2010
- 5-Mile Run start time 8:30AM
- 1-Mile Fun Walk start 8:45AM

## Division & Prizes

Prizes awarded to overall male, female and master racers then the top three in all other age groups/category. Winner must be present to claim his/her prize.

## Course

The tree-lined course winds through Philadelphia's Fairmount Park along the Wissahickon Creek. It is a USATF Certified Course (#PA 92002DB). Course records are:

Male 25:16      Female 29:19

## Timing & Race Results

Precision electronic timing services provided by Lin-Mark Computerized Sports. Results are posted following the awards ceremony and at: [www.lin-mark.com](http://www.lin-mark.com)

## Registration

Entries postmarked by 7/20/10: \$25.00  
After 7/20/10: \$30.00  
Register and pick up race packets at **Bruno's Restaurant at the corner of Germantown Ave. and Northwestern Ave.** (9800 Germantown Ave., Lafayette Hill, PA 19444) on **Friday, July 30<sup>th</sup>** from 2 to 8pm and **race day** from 7 to 8am at the course start.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Entry type: \_\_\_\_\_ 5-mile run    \_\_\_\_\_ 1 mile walk

Gender: \_\_\_\_\_ Male    \_\_\_\_\_ Female

Age \_\_\_\_\_

Payment: \_\_\_\_\_ Cash    \_\_\_\_\_ Check

\_\_\_\_\_ Visa    \_\_\_\_\_ MC    \_\_\_\_\_ AmEx

Name on card \_\_\_\_\_

Card # \_\_\_\_\_ Exp \_\_\_\_\_

Signature \_\_\_\_\_

### MAKE CHECKS PAYABLE TO: MCAP

409 Cherry Street, Norristown, PA 19401  
(610) 279-1219

## Participant Waiver

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 Philadelphia, the Montgomery Child Advocacy Project, the sponsors, their representatives, successors or assignees 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 (If under 18 years old, parent or guardian must sign waiver).**

**RETURN FORM TO ADDRESS ABOVE**