



5K Run/Walk 10K Race

MANION CHIROPRACTIC

3-28-09

Proceeds will benefit:



Date: Saturday, March 28, 2009

9:00 a.m.

Pre-register by: 03/14/09

Entry fees:

- \$20.00 for pre-registered 10K
- \$15.00 for pre-registered 5K
- \$25.00 race-day registration 10K
- \$20.00 race-day registration 5K

(shirts are only guaranteed for pre-registered participants)

The 10K race will start and finish at the Northwestern Middle School. The beautiful, rolling course will run through the streets of Germansville, with views of the Blue Mountains. A small portion of the run will be on hard-packed dirt/gravel. The 5k Fun Run/walk will be an out-and-back on mostly packed dirt/gravel.

For more information, Training Programs or to register online:

www.upgradelifestyleinc.com
Liz Moss: 610-533-1141
liz@upgradelifestyleinc.com



AWARDS & RAFFLE

10K Awards

- Top 3 overall male and female
- Top 3 in each age group (male & female)
14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- All 5K & 10K participants eligible for fun raffle prizes!

Sponsored by:



The Bagel Bunch

HCG

The Heart Care Group, P.C.

PINNACLERACING

*Foulkers
at
The Blue Ridge*



SMALL BUSINESS ASSOCIATES, INC.
We Build Businesses!

Forms of Payment accepted:

Check (made payable to **UpGrade Lifestyle**) or

Credit Card (circle): Visa/MC/Discover/AMEX

Name on Card _____

Card Number _____

Expiration Date ___ / ___

Signature _____

Send completed forms to: UpGrade Lifestyle, c/o Liz Moss, 7117 Country Spring Rd., New Tripoli, PA, 18066. Or email to liz@upgradelifestyleinc.com.

Participant Name _____

Address _____

Phone _____

Email _____

T-shirt Size: S M L XL

Sex _____

Age on race day _____

Waiver and Release

Participation in an **UpGrade Lifestyle** event will be done so at my own risk. By signing below, I agree to waive all claims and release **UpGrade Lifestyle** from all liability for any injuries or damages resulting from participation in this event.

Signature _____

Date _____

Signature of parent or guardian if under 18 years of age. _____

Date _____