

How can I help abused children?

Montgomery **Child** Advocacy Project

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.

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		

Registration

You can register and find directions online at:
www.runtheday.com

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. Courtesy shuttle 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

30th Annual RUN FOR THE HILL OF IT

5 mile run & 1 mile walk
1 mile kids fun run

To Benefit Abused & Neglected Children



Saturday
JULY 29, 2017
8:30AM

Register Online:
www.runtheday.com
www.mcapkids.org

Fairmount Park
Northwestern Avenue & Forbidden Drive
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

OUR MISSION

MCAP is a non-profit that has served more than 4,740 child and youth victims of abuse and neglect by providing legal, social and emotional support to the most vulnerable members of our community for the past twelve years.

MCAP trains volunteer attorneys as child advocates. These child advocates then dedicate their own time to offer free legal representation to children suffering from physical and sexual abuse, neglect and endangerment.

MCAP's child advocates play an important role in unlocking the superhero in every child. We

- Give a child a voice,
- Help a child begin to trust, and
- Let a child be a kid!



By supporting **Run for the Hill of It and MCAP** — from registering and fund-raising, to volunteering — you say 'YES' to

MCAP's ongoing promise to protect voiceless, vulnerable children. For more information about MCAP and what we do, visit our website at www.mcapkids.org

Race Information

- USATF Sanctioned & Certified
- Distance: 5 miles
- Location: Fairmount Park, Chestnut Hill, PA 19118
- Date: Saturday, July 29, 2017
- 8:30AM: 5-Mile Run start time
- 8:45AM: 1-Mile Walk start
- 8:50AM: Kids 1 Mile FUN RUN

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. Course records are:

Male 25:16 Female 29:19

Timing & Race Results

Precision electronic timing services provided by Run the Day. Results are posted following the awards ceremony at www.runtheday.com

Registration

Entries postmarked by 7/23/17 \$30.00
After 7/23/17: \$35.00

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 28th** from 4 to 7pm and **race day** from 7 to 8am at the course start.

Cancellation Policy

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds; rather your entry and/or sponsorship fee will be used as a donation to MCAP.

Registration Form

ONLINE: WWW.RUNTHEDAY.COM

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 _____ Auth Code _____

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