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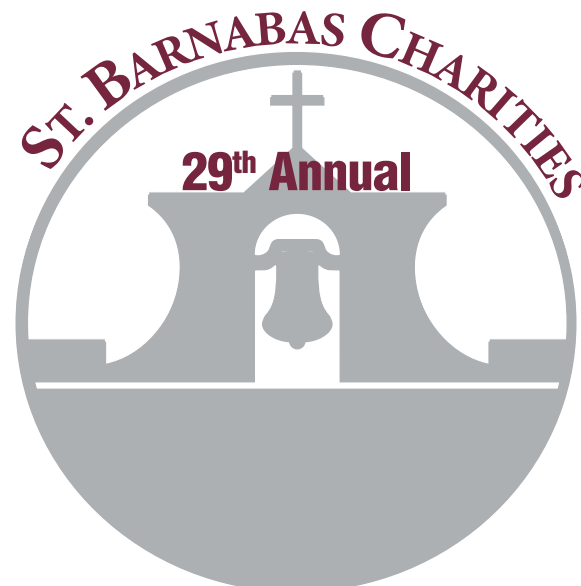
UP
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WPXI

St. Barnabas Charitable Foundation Inc.
5850 Meridian Road
Gibsonia, PA 15044
FreeCare5K.com



Run or Walk For Free Care



FREE CARE 5K

On Your Honor

Presented by

Paracca
INTERIORS
FlooringAmerica®

Virtual Event

The Entire Month of August
August 1 – August 31, 2020

Run or Walk for a Great Cause

Proceeds from the 29th Annual St. Barnabas Free Care 5K, presented by Paracca Interiors Flooring America, benefit the Free Care Fund, which enables patients and residents to receive more than \$7 million in free care each year.

REGISTER TODAY!

Online: FreeCare5K.com
Mail: St. Barnabas Charities
5850 Meridian Road,
Gibsonia PA 15044
Phone: (724) 625-3770
Email: 5K@StBarnabasHealthSystem.com

Virtual Event

The entire month of August
Sat. August 1 - Mon. August 31, 2020

Open event – race entrant to complete
3.1 consecutive miles on any course
of their choice.

Entrants

We invite everyone to go out and run or walk for a good cause. Competitive and amateur runners, joggers, walkers, stroller pushers and wheelchair racers of all ages - everyone is invited!

Entry Fee (non-refundable) \$25

- Registration is available until August 31.
- All entrants receive a race t-shirt & runner's bag.

Times

- Times can be submitted to RunHigh via a link provided and will be posted on RunHigh.com.
- Times submitted will be based on the honor system.
- Runners have until August 31st at mid-night to submit times.

Medals

- 1st, 2nd, 3rd prizes:**
top overall men and women
ages 9-under, 10-14, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70-74, 75-79, 80+,
wheelchair racers, and teams
- Master (40-49 years)
- Grand Master (50+ years)
- Teams of at least 3 must include 1 female

Packet Pick-Up

Please practice social distancing and utilize the provided hand sanitizer.

- August 12 - August 31**
Monday - Friday: 10 AM - 2 PM
Furniture at the Firehouse
68 Dambach Ave, Valencia PA 16059
- Thursday, August 20: 4-7 PM**
The Washington Place at St. Barnabas
5847 Meridian Rd, Gibsonia PA 15044

St. Barnabas Free Care 5K Entry Form Mail to: 5850 Meridian Road, Gibsonia, PA 15044

First Name	Last Name		M	Male	Female	Birth Date	Age on 8/31/20	T-SHIRT Select: <input type="checkbox"/> Adult <input type="checkbox"/> Child <input type="checkbox"/> Mens <input type="checkbox"/> Womens	
Mailing Address (include Apt. #)								<input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> 2XL	
Telephone	City		State		Zip Code				
Email									
<input type="checkbox"/> Runner <input type="checkbox"/> Walker <input type="checkbox"/> Wheelchair <input type="checkbox"/> Best Completed 5K (Mins Secs) : _____									
<input type="checkbox"/> Veteran / Active Duty / First Responders <input type="checkbox"/> Team Name: _____ <input type="checkbox"/> School: _____ <input type="checkbox"/> Volunteer									
WAIVER: In consideration of your accepting this entry, I the above signed, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against St. Barnabas Health System and any other sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a foot-race entrant, that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to use my name and likeness, as well as any photographs or any record of this event in which I may appear for any legitimate purpose including advertising and promotion. NO PETS PERMITTED.									
Entry Fee Fee (\$25) _____ 2X T-Shirt +\$3 _____ Donation to Free Care Fund _____ Total Enclosed \$ _____									

Signature

Co-signature (required if applicant is under 18)