

**Top-Rated 5K Course in North Hills**

On August 7, 2021 the most exciting place to be is at the 30th Annual St. Barnabas Free Care 5K presented by Paracca Interiors FlooringAmerica.

Each year, fitness enthusiasts trek up and down Meridian Road to raise money for the St. Barnabas 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

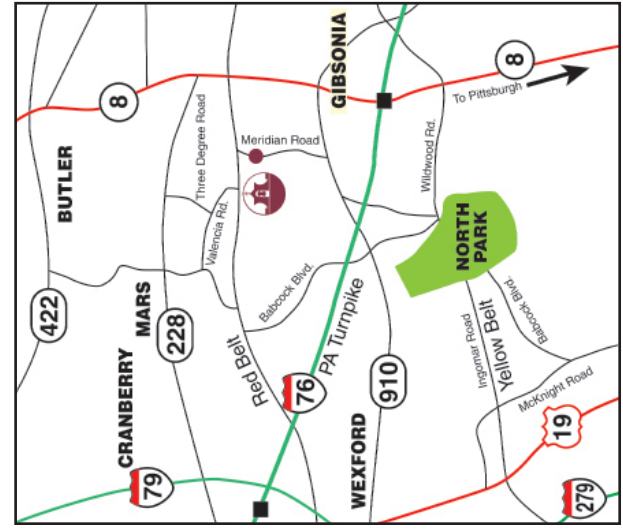
*Register before July 16 to be guaranteed a race t-shirt.*

**Call about how we can help you help others!**

PRESENTING SPONSOR

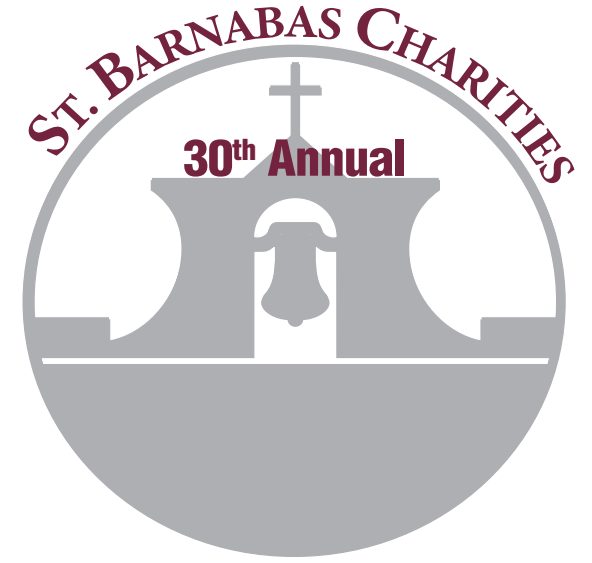


St. Barnabas Charitable Foundation Inc.  
5850 Meridian Road  
Gibsonia, PA 15044  
FreeCare5K.com



**Run For Free Care  
Stay for the Party!**

In-Person & Virtual  
Registration Available



**FREE CARE 5K**

Presented by  
**Paracca**  
INTERIORS  
FlooringAmerica®

**August 7, 2021 • 9 a.m.**  
**Minutes from North Park**  
**Meridian Road, Gibsonia**

**Saturday, August 7, 2021 @ 9 a.m.**  
**St. Barnabas Charities**  
 5850 Meridian Road, Gibsonia PA 15044  
**Emergency contact race day: 724-822-7753**

**Entry Fee (non-refundable)**  
**In-person and virtual registration available!**

- \$25 before August 7
- \$30 on Race Day

**Register by July 16 to be guaranteed a race t-shirt!**

**Entrants**  
 Competitive and amateur runners, joggers, walkers, teams, stroller pushers and wheelchair racers of all ages. No inline skates or pets. No smoking.

**Awards Ceremony / Post-Race Party**  
**10 a.m. St. Barnabas Medical Center lawn.**  
 Emceed by in-game host of the Pittsburgh Pirates, Joe Klimchak. Refreshments and beverages free to all registrants! Music and dozens of prizes in post-race drawing.

**Awards**

- Cash awards
  - \$250 1st place male and female finishers
  - \$150 2nd place male and female finishers
  - \$100 3rd place male and female finishers

*Sponsored by Leech Tishman Fuscaldo & Lampf, LLC*

- **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) and Grand Master (50+ years)

**Special Features**

- ChampionChip Timing
- Post race party & dozens of raffle prizes
- Elite runners #1-200 and start line corral
- Rolling 3.1 mile out-and-back course
- USA Track & Field certified

**Team Competition**

- 3-5 per team, must include one female.
- Team entries must include team name.

**Registration deadline for teams is July 30.**

**Individual Fundraising**

- Top fundraiser wins prizes.
- Raise money by setting personal goals to run/walk.
- Ask friends, family, co-workers to pledge/donate.

Ex: \$\_\_per\_\_minute

**Pace Team!**  
 Achieve your race goal with the help of the Steel City Road Runners Pace Team. They will offer pacers for 7 to 13 minute mile split times.

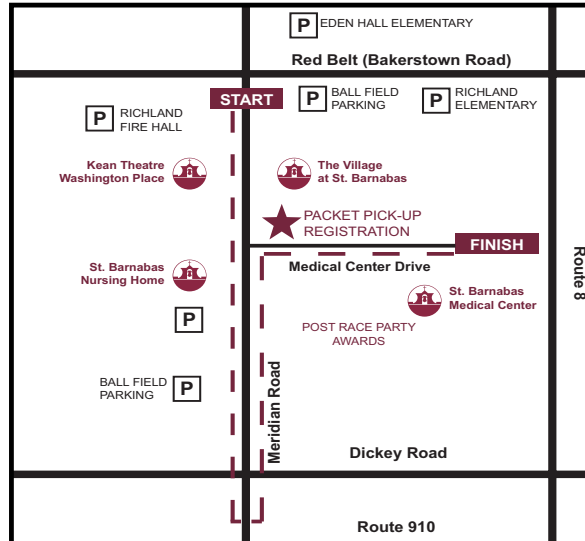
**Packet Pick-up - Save Time!**

- **Thursday, Aug. 5th, 3 - 7 p.m.**  
 The Washington Place at St. Barnabas  
 5847 Meridian Road, Gibsonia, PA 15044
- **Race Day, 7 - 8:30 a.m.**  
 St. Barnabas Medical Center Drive  
 5830 Meridian Road, Gibsonia PA 15044

**Volunteers Needed**  
 Earn your service hours! Call (724) 625-3770 or email [ssommariva@StBarnabasHealthSystem.com](mailto:ssommariva@StBarnabasHealthSystem.com).

**Timing**  
 Your true time - start to finish line with ChampionChip. Conducted by Runner's High professional service. Same day results at FreeCare5K.com.

**Course Map - Meridian Road, Gibsonia, PA**



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

Adult  Child  Mens  Womens  
 S  M  L  XL  2XL  
 T-SHIRT Select:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age on 8/7/21 \_\_\_\_\_  
 M  Male  Female Birth Date \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Mailing Address (include Apt. #) \_\_\_\_\_  
 Telephone ( ) \_\_\_\_\_  
 Email \_\_\_\_\_

Runner  Walker  Wheelchair  Best Completed 5K ( Mins | Secs ) : \_\_\_\_\_  
 Veteran / Active Duty / First Responders  School: \_\_\_\_\_  Team Name: \_\_\_\_\_  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.

<b>Entry Fee</b>	
Fee before 8/7/21 (\$25)	_____
Race Day 8/7/21 (\$30)	_____
2XL T-Shirt +\$3	_____
5K My Way (\$17)	_____
Donation to Free Care Fund	_____
<b>Total Enclosed</b>	<b>\$</b> _____

Co-signature (required if applicant is under 18)

Signature