

Top-Rated 5K Course in North Hills

On August 2, 2025 the most exciting place to be is at the 34th Annual St. Barnabas Free Care 5K presented by CIBC.

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 \$6 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 11 to be guaranteed a race t-shirt.

Call about how we can help you help others!

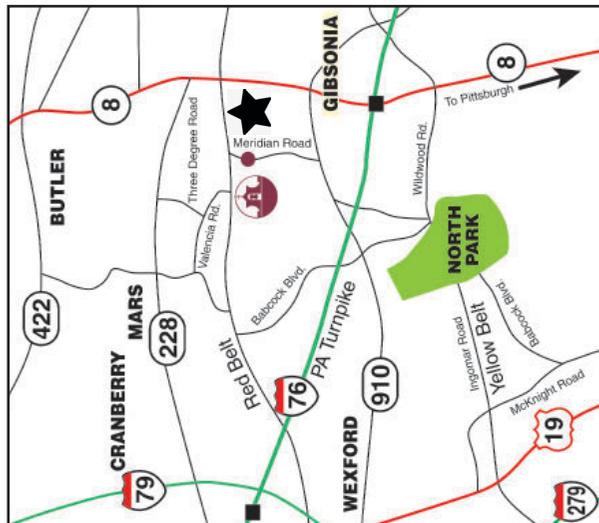
PRESENTING SPONSOR



COURSE SPONSOR

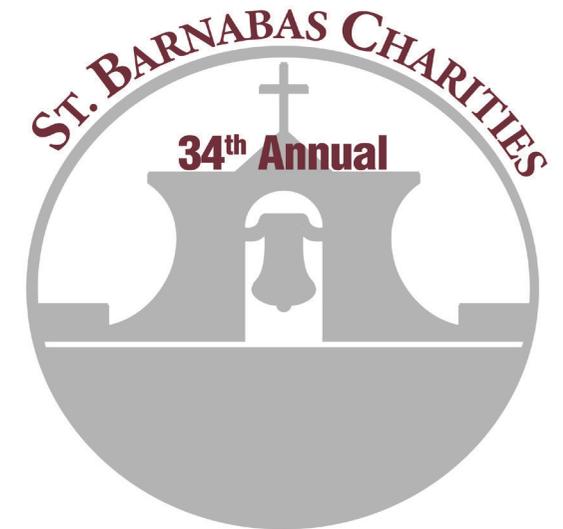


St. Barnabas Charitable Foundation Inc.
5850 Meridian Road
Gibsonia, PA 15044
FreeCare5K.com



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

In-Person & Virtual
Registration Available



FREE CARE 5K

Presented by



August 2, 2025 • 9 a.m.
Minutes from North Park
Meridian Road, Gibsonia

Saturday, August 2, 2025 @ 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!

- \$30 before August 2
- \$35 on Race Day

Register by July 11 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 Jay Kline, WLER 97.7 FM The Rock Station. 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 & Lampl, 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 26.

Pace Team!
 Achieve your race goal with the help of the P3R Pace Team. They will offer pacers for 7 to 13 minute mile split times.

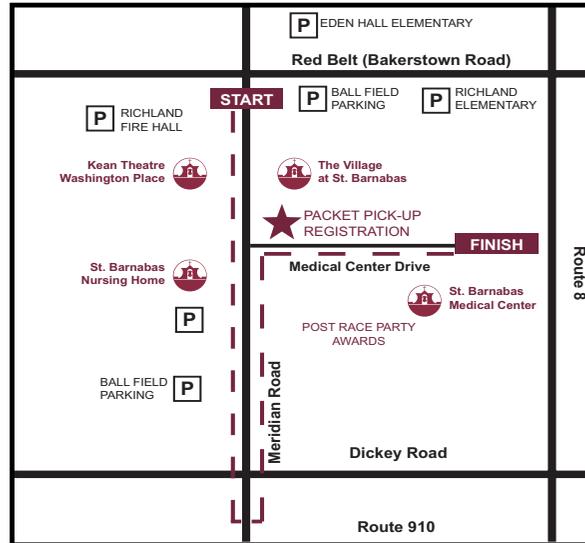
Packet Pick-up - Save Time!

- **Thursday, July 31: 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.

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

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

Age on 8/2/25 State Zip Code

Birth Date City

M Male Female

Last Name

Mailing Address (include Apt. #)

Telephone ()

Runner Walker Wheelchair Best Completed 5K (Mins | Secs):

Veteran / Active Duty / First Responders Team Name: School: Volunteer

Entry Fee
 Fee before 8/2/25 (\$30) _____
 Race Day 8/2/25 (\$35) _____
 2XL T-Shirt +\$3 _____
 Donation to Free Care Fund _____
Total Enclosed \$ _____

Email

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.

Signature _____
 Co-signature (required if applicant is under 18) _____