HAVERFORD COLLEGE
JOE SCHWARTZ '83 MEMORIAL
3K RUN/WALK

Community Partner
An Event To Benefit
The ALS Association
Greater Philadelphia Chapter

Sunday, April 20th 12:30pm
Haverford College Featherbed Field

Who: All members of the Haverford College community.

Event Goals: 1) Promote health and fitness awareness throughout the Haverford College community. Please contact Cory Walts (cwalts) and/or Tom Donnelly (tdonnell) for an individualized training program. Also, look for information in the fitness center on lunch time walks and department team contests.
2) Proceeds will be donated to the ALS Association and directed towards ALS research. Amyotrophic Lateral Sclerosis (ALS), or Lou Gehrig's Disease, is a devastating progressive neuromuscular disease. Currently the cause, cure and means of control are unknown. Please visit www.alsphiladelphia.org for more details on ALS.

Entry Fee: $10 for adults.
Free for all students and family members under the age of 21.
Commemorative t-shirts guaranteed to all pre-registered (April 4th) runners/walkers.
Checks can be received up until April 18th. Race day registration available.

Additional donations to ALS research can be added to the entrance fee.

Awards: Top 2 male & female finishers in listed age groups: <18, 18-22, 23-29, 30-39, 40-49, 50-59, 60+. Plus team award (3 people/team, need at least 1 student, 1 faculty/staff/alum, 1 female).

Information: Cory Walts, Fitness Center Director
Email: cwalts@haverford.edu Phone: 610-795-7014

Make Checks Payable to: **Haverford College**
Mail entry forms to: Cory Walts – 3K, Haverford College – GIAC
370 Lancaster Ave. Haverford, PA 19041

NAME:_____ CIRCLE: Student Faculty Staff Alumni Family

PHONE:_____EMAIL:_____

ADDRESS _____
Street City State Zip

CIRCLE AGE (on race day): <18 18-22 23-29 30-39 40-49 50-59 60+

CIRCLE: Male Female CIRCLE ADULT SHIRT SIZE: S M L XL

In consideration of my accepting entry, I understand, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release all rights and acclaims for damages I may have against Haverford College, all sponsors and cosponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and sufficiently trained for this race.

SIGNATURE:_____ DATE: _____
(Signature of Parent if under 18)