HERO 5K

SATURDAY, NOVEMBER 21st

Our names are Lauren Gronbeck, Madison Graner, and Jenna Snavely, and we are seniors at Eden Christian Academy. At Eden, every senior is required to do a "Senior Project." These projects can include everything from broomball tournaments to shoe drives. Since we all run on Eden's cross-country team, we thought that a 5k would be the perfect project for us. We decided to raise money for a 501(c)(3) charity called Ordinary Hero. Ordinary Hero is an advocacy organization that partners with impoverished communities in Ethiopia and empowers ordinary people to change the life of a child. Last year, Madison served on a mission trip with Ordinary Hero and saw first-hand how they are making a tangible difference in Ethiopia. The branch of Ordinary Hero that we are supporting provides medical care to children through their sponsorship programs. This is a big undertaking and we are grateful for your support of this important cause. You don't have to be a superhero to be a hero in the life of a child!

Race Location: North Park Boathouse / 10301 Pearce Mill Road / Allison Park, PA 15101

Race Directors: Lauren Gronbeck, Maddie Graner, and Jenna Snavely Questions? Contact us at: [ordinaryhero5k@gmail.com](mailto:ordinaryhero5k@gmail.com)

Race Date/Time: Saturday, November 21, 2015

Pre-registration: 8:30-9:30AM

5K Run/Walk Starts: 10:00AM

Entry Fee: $15.00 pre-registration by 11/18/15 ($20.00 day of the race)

Mail your entry/check to Lauren Gronbeck 3037 White Pine Drive Gibsonia, PA  *or* **REGISTER ONLINE** at <http://ordinaryhero5k.weebly.com>

Checks can be made out to Ordinary Hero

***Superhero costumes are welcome for the race (but not required!)***

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age (Race Day) \_\_\_\_\_ Birth Date \_\_\_/\_\_\_/\_\_\_ Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Release: By signing this application, I hereby waive, discharge, and release myself from any and all claims, damages, demands and courses of action of any kind, including negligence that I may have against the volunteers, sponsors, and organizers of this event, which may arise from my participation in this event. I hereby certify that I am physically fit to participate.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

Signature of guardian (under 18) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_/\_\_\_/\_\_\_