

# Legs for Lindsey 2010 Registration

## ENTRY FEE & REGISTRATION:

- \$18 Pre-Registration received by 8/7/10
- \$55 Family Pre-Registration - 4 or more
- \$23 After 8/7/10 or day of race
- \$10 Fun Run
- \$30 Family Fun Run - 4 or more

Mail your registration to:

D. Herr  
717 Barrington Road  
Collegeville, PA 19426

make checks payable to: Legs for Lindsey.



Online Registration Powered by Active.com

T-shirts guaranteed to all pre-registered 5K runners/walkers. All Fun Run participants will receive a participation ribbon. Same-day registrants will receive a t-shirt while supply lasts. Dog participants will receive a bandana while supply lasts

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Circle Shirt Size: S M L XL

Event: 5K Fun Run

The Dog is coming! Y N Fun Run Only

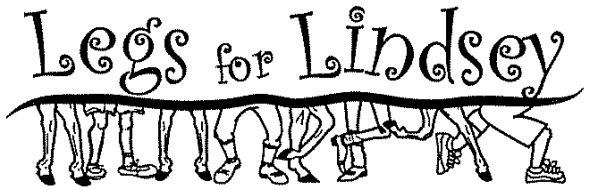
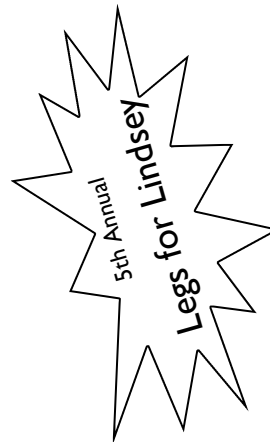
WAIVER: I know that running a road race is a potentially hazardous activity. By entering and running, I acknowledge that I am medically able and properly trained for this event. I assume any and all risks associated with running this event including but not limited to falls, contact with vehicles and other participants and any objects, weather and hazardous road conditions. In consideration of the acceptance of my entry, I hereby waive and discharge all rights and claims from Legs for Lindsey representatives, Sebastian Riding Associates, the race officials, sponsors and all others including the municipalities along the course from all claims, demands, suits or actions in any manner for injuries, damages or personal loss I may sustain as a result of my participation in this event. I attest that I have read and understand this release.

Name: \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_

Parent if under 18: \_\_\_\_\_

Sebastian Riding Associates  
3589B Water Street Road  
Collegeville, PA 19426



## 5K Run

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# 1 Mile Fun Run & Walk

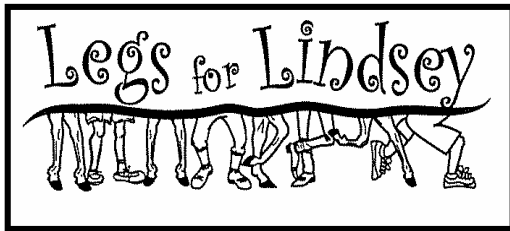
to benefit  
Sebastian Riding Associates

## 5th Annual

### Wednesday, August 11, 2010

- 5:30 pm** Registration & number pick up
- 6:30 pm** 1 Mile Fun Run
- 7:00 pm** 5K Run/Walk

**Evansburg State  
Park  
Collegeville, PA**



**ABOUT Legs for Lindsey:**

Lindsey Anne Hanebury was born with Down Syndrome in 1984. At the age of two, she began therapeutic horseback riding with Sebastian Riding Associates, located in Collegeville. Over the years she developed a love for horses and the sport of riding. She rode at Sebastian Riding Associates for 17 years, which aided in her physical and emotional development. We tragically lost Lindsey in October, 2004, to Leukemia.

This race is our way of commemorating Lindsey's extraordinary life and her love for horses, which all started at SRA. Sebastian Riding Associates is a non-profit, therapeutic riding program located in Evansburg State Park. We can make the *fifth annual* race successful again this year only with your help!

Sebastian's therapeutic program includes children and adults with a wide range of physical, mental and emotional disabilities. The focus of the program is a safe, fun and healthy approach to growth and rehabilitation through equine activities and riding. The program supports over 100 riders interacting with 11 horses, a staff of instructors, physical and occupational therapists, and a dedicated team of volunteers.



Sebastian Riding Associates  
3589B Water Street  
Collegeville, PA 19426

**Race Information**

Wednesday, August 11, 2010  
Location: Evansburg State Park, Main Entrance  
851 Mayhall Road  
Collegeville, PA

5:30 pm Registration and number pick up

Last shuttle bus from lower parking lot to registration pavilion will run at 6:30. Please allow time for the shuttle ride and registration

6:30 pm 1 Mile Run

*Rain or Shine!*

7:00 pm 5K Run/Walk

**Legs for Lindsey** will be held in beautiful Evansburg State Park, Collegeville, PA, starting at the main entrance off of Germantown Pike and follow the wheel-measured scenic course along shaded park roads. Water stops will be available along the race course as well as at the start/finish area.

**Categories and Prizes**

Prizes awarded to top male & female finisher in the 5K race, and male & female runners finishing 1st, 2nd & 3rd in the following age groups:

14 & Under	
15-19	40-44
20-24	45-49
25-29	50-54
30-34	55-59
35-39	60 & Over

To be considered for a running award, you must finish within one hour or less (60 minutes) from the start of the race.

Results posted on:  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

**Fun Run with the Dog**

Bring your dog friend to join in the 1 Mile Fun Run. All Dog participants will receive a Sebastian bandana. Please keep your dog leashed and in control at all times.

**Corporate Sponsorships**

**We Need Your Help!**

Your sponsorship will directly support our program which improves the quality of life for children and adults with disabilities through equine therapy.

**GOLD SPONSOR: \$250**

Water stop sponsorship *Signage* plus *Large Featured Logo & Listing* on T-shirt plus sponsorship wall plaque.

**SILVER SPONSOR: \$100**

*Bold Listing* on T-shirt plus sponsorship wall plaque.

**BRONZE SPONSOR: \$75**

*Listing* on T-shirt

Corporate Name:

Contact/email:

Phone:

Address:

Sebastian Riding Associates is a non-profit corporation. Contributions are tax deductible.

Questions?:  
Call 215-872-0148  
Email: [chanebury@msn.com](mailto:chanebury@msn.com)