

# John Shapiro's Superheroes 5K Run

1 Mile Run/1 Mile Walk/Kids Run



Saturday, June 8, 2013 at 9:00 a.m.  
St. Helena School, Blue Bell, PA

**WHO:** Runners and walkers of all ages.

**WHAT:** 5K course is USATF-certified. Event also includes 1 mile run, 1 mile walk and Kids Run. All benefits from John Shapiro's Superheroes 5K Run will go to local families with children battling cancer.

**WHEN:** Saturday, June 8, 2013

8:00 a.m. – Registration begins

9:00 a.m. – 5K Run followed by 1 mile Run and Walk

10:00 a.m. – 1/2 mile un-timed Kids Run on St. Helena grounds

**LOCATION:** St. Helena School - 1499 DeKalb Pike, Blue Bell, PA 19422

**HOW:** To register, complete attached form and submit a \$25 check/money order to **Superheroes 5K** by May 28 to receive a Race T- shirt. \$20 per person for teams of 5 or more. Kids run is \$15 and includes a T- shirt. The fee for entries received after May 28 and Race Day is \$30; Kids Run \$18. Size requests will be honored to the best of our ability, but size may be substituted.

Optional online registration available for individuals (not teams) on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

Nominal service fee applies. Registration closes at midnight 6/5.

For more information visit:

[www.johnshapirosheroes5k.com](http://www.johnshapirosheroes5k.com)



**John Shapiro was a superhero. He touched the hearts of so many with his engaging smile, contagious laugh and positive demeanor. His take-charge attitude and larger-than-life personality endeared him to children and adults alike. This happy, funny, smart, outgoing little boy embodied everything good in the world. After four difficult years of surgeries and treatments, John lost his battle to brain cancer in August 2011; he was six years old. The John Shapiro Superheroes 5K is a tribute to the memory of our beloved John.**

**RESULTS:** Finish line and timing service by *Pretzel City Sports*. Race results posted on [www.pretzelcitysports.com](http://www.pretzelcitysports.com)

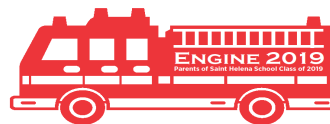
**AWARDS:** Will be presented to Overall Male and Female Champions. Medals presented to top three Male and three Female finishers in each of the following age brackets: 12 & Under, 13-18, 19-29, 30-39, 40-49, 50-59, 60+.

THANK YOU TO OUR SPONSORS:

Title Sponsor:



Matthew O'Hanlon District Office  
610-291-6528  
[matthew\\_ohanlon@us.aflac.com](mailto:matthew_ohanlon@us.aflac.com)



Born to Run  
Health Advocate

The Brophy Family  
Philly Pretzel Factory

Continental Bank  
Titan Home Inspections

The Elliott Family  
Whitpain Tavern

Flynn & O'Hara



**REGISTRATION: John Shapiro's Superheroes 5K**

Please complete and mail one form per participant. Include \$25 early registration fee before May 28, \$20 per person teams of 5 or more, \$15 Kids Run. Team registration is mail in only and all teammates' forms **must** be mailed together. Late registration and Race Day fee is \$30; Kids Run \$18. Make checks payable to **Superheroes 5K**.

Select: RUNNER / WALKER      5K      1 Mile      Team      Kids

Team Name (if applicable) \_\_\_\_\_

Name \_\_\_\_\_

*Please print*

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_ Phone Number \_\_\_\_\_

Age (on Race Day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

T-shirt size (*circle one*)

Youth S M L

Adult S M L XL

**WAIVER/RELEASE:** I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Superheroes 5K, Whitpain Township and those in their employ, Montgomery County, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate account accounts and promotions of this event.

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

*(If under the age of 18, a parent or guardian's signature is required.)*

Please make checks payable to **Superheroes 5K** and mail to:  
1670 Jennifer Lane, Blue Bell, PA 19422  
superheroes5k@gmail.com (610) 635-9510