

## About Johnny's Run

John Patrick Williamson, Jr. was a graduate of St. Pius X School, Cardinal O'Hara High School, and was in his final term at Drexel University when he was killed in an automobile accident in January, 2009. Johnny was an outspoken Pro-Life advocate. His final post on Facebook, dated January 23, 2009, was, "Choose Life!" The Johnny's Run for Life mission is to enable mothers in crisis pregnancies to fulfill Johnny's wish—that they may choose life for their children with the support we all can help provide. In the twelve years since Johnny Williamson died, fundraising in his name, including Johnny's Run for Life, has garnered over \$2,000,000.00, all of which has been used to help mothers save their children. Over 2,000 children have been rescued from abortion with these monies.

## Directions to the Race

Johnny's Run for Life will be held at Cardinal O'Hara High School located at: 1701 S Sproul Rd. Springfield, PA 19064

Johnny's Run for Life  
c/o Williamson, McVeigh & Alfano  
720 N. Eagle Road  
Havertown, PA 19083

# Johnny's Run For Life 2023

In memory of  
John Patrick Williamson Jr.

**Sunday, October 8, 2023**

**NO CHARGE FOR THE RACE THIS YEAR**

Registration and Packet

Pick Up - 6:00-7:45 am

Mass – 8:00 am

1 Mile Run – 8:50 am

5K Run – 9:00 am

1 Mile Walk - 9:00 am

**Lace up your sneakers for life!**

**Cardinal O'Hara High School  
1701 S Sproul Road  
Springfield, PA 19064**

**Rain or Shine**

NO CHARGE - Register online at  
[www.johnnysrunforlife.com](http://www.johnnysrunforlife.com)  
or call  
610-446-5600

# Johnny's Run for Life 2023 Registration

Waiver: In consideration of the acceptance of the entry, I the undersigned intending to be legally bound hereby for myself, my heirs, executors, administrators, and personal representatives, hereby waive and release any and all rights and claims for damages, illness, or losses which I have or which may occur to me against all race officials and all organizations conducting or involved in this event including but not limited to John Williamson, and all of his employees, agents, representatives, successors and assigns that may result from my participation in said event. Further, I hereby grant full permission to the aforementioned persons or organizations to use my name and/or photo in newspaper, videotape or any other record or account of the event for any purpose whatsoever.

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/8/23 \_\_\_\_\_ T-shirt size \_\_\_\_\_  5K  1 Mile Run  1 Mile Walk  
 Volunteer and Walk/Run  Volunteer without Walk/Run  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/8/23 \_\_\_\_\_ T-shirt size \_\_\_\_\_  5K  1 Mile Run  1 Mile Walk  
 Volunteer and Walk/Run  Volunteer without Walk/Run  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/8/23 \_\_\_\_\_ T-shirt size \_\_\_\_\_  5K  1 Mile Run  1 Mile Walk  
 Volunteer and Walk/Run  Volunteer without Walk/Run  
 Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on 10/8/23 \_\_\_\_\_ T-shirt size \_\_\_\_\_  5K  1 Mile Run  1 Mile Walk  
 Volunteer and Walk/Run  Volunteer without Walk/Run  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 email: \_\_\_\_\_  
 Amount Enclosed \$ \_\_\_\_\_ Register online to pay with credit card ([www.johnnysrunforlife.com](http://www.johnnysrunforlife.com)) **Additional donation:** \_\_\_\_\_  
 Signature \_\_\_\_\_ **If under 18, parent or guardian must sign**

**Make checks payable and mail to Johnny's Run for Life c/o John Williamson 720 N. Eagle Road, Havertown, PA 19083**

## Pledge List

Go the extra mile for Life and get sponsors for your run today! Sponsors may either pledge to donate a lump sum for the race or pledge for each mile you complete. Return this pledge list along with the money collected to the Pledge Table at the Run for Life. Make checks payable to Johnny's Run For Life.

**Add to the fun!  
Invite your sponsors to the run!**

Participant's Name

### Sponsors

(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)
(Name)	(Amount)

A prize will be awarded to the runner who raises the most money.

Please join us for the 15<sup>th</sup> Annual Johnny's Run for Life,  
honoring Johnny Williamson  
St. Pius X Class of 2001  
Cardinal O'Hara Class of 2005

## Registration

### Pre-Registration

(Packet pick up from 6-8 am on race day)

Adults- NO CHARGE

Children under 21- NO CHARGE

Family – NO CHARGE

**DONATIONS ALWAYS ACCEPTED**

**Day of Race Registration - 7:00 am**

**NO CHARGE THIS YEAR TO REGISTER  
HOWEVER DONATIONS ARE ALWAYS  
ACCEPTED**

### Mail registrations to:

Johnny's Run for Life  
720 N. Eagle Road  
Havertown, PA 19083.

For additional information, contact John Williamson at [jpw0077@gmail.com](mailto:jpw0077@gmail.com), visit our website [www.johnnysrunforlife.com](http://www.johnnysrunforlife.com) or call John at 610-446-5600.

## Prizes & Categories

Medals will be awarded to the top three males & females in each 5K age group.

### 5K Age Groups

10 & under	11 to 14
15 to 19	20 to 29
30 to 39	40 to 49
50 to 59	60 & over