

# LEGS FOR LINDSEY 2019 REGISTRATION

- \$25 5k Pre-Registration received by 8/10/19
  - \$30 After 8/10/19 or day of race
  - \$90 Family 5k Pre-Registration - up to 4 people
  - \$15 Fun Run
  - \$45 Family Fun Run - up to 4 people
- Family Registration accepted by mail only!

**Make checks payable to: Sebastian Riding Assoc.**

Mail your registration to:  
3589 Water Street Rd., Collegeville, PA 19426

Tshirts guaranteed to all pre-registered 5K run/walk registrants. Tshirts for same-day 5k registrants while supplies last. Fun Runners receive a participation ribbon.

## TO REGISTER ONLINE: PRETZELCITYSPORTS.COM

Name: .....

Address: .....

Telephone: .....

Email: .....

Age: .....

Circle Gender: Male Female

Circle Shirt Size: S M L XL

Circle Event: 5K Fun Run

Are you bringing a dog? (*Fun Run Only*) Y N

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 person- al loss I may sustain as a result of my participation in this event. I attest that I have read and understand this release.

Name: .....

Signature: .....

Date: .....

Parent if under 18: .....

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



**AUGUST 14, 2019**

- 5:30 P.M. Registration
- 6:15 P.M. FunRun/Walk
- 6:30 P.M. 5K Run/Walk

### Perkiomen Trail

at The SEI Investments Campus  
100 Cider Mill Road, Oaks, PA 19456

# ABOUT LEGS FOR LINDSEY

Lindsey Anne Hanebury was born with Down Syndrome in 1984. At the age of two, she began participating in the program at Sebastian Riding Associates (SRA) to aid in strengthening her low muscle tone. Admiring horses from afar, we didn't realize the tremendous impact these animals would have on Lindsey's health and well being. Over the years Lindsey's love for horses grew beyond what we had imagined and she continued to ride for 17 years and involved her family. Lindsey developed Leukemia and despite her courageous battle, we tragically lost her in October 2004 at the age of 19. Her legacy lives on in the people who knew and love her.

Knowing we wanted to commemorate Lindsey's extraordinary life, with the help of closest friends the idea of Legs for Lindsey came to life. Although Lindsey was involved in many programs, SRA made the most significant impact on her life and therefore became the beneficiary of the race proceeds.

SRA is a non-profit, equine assisted learning and therapy program offering therapeutic riding, driving and hippotherapy for children and adults living with a wide range of physical, mental & 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 nearly 300 riders interacting with 18 horses, a staff of instructors, physical and occupational therapists, and a dedicated team of volunteers.



## RACE INFORMATION

**WHEN:** Wednesday August 14, 2019  
5:30 Registration and number pick up  
6:15 pm Fun Run  
6:30 pm 5K Run/Walk

**WHERE:** Lower Lot, SEI Investments  
1 Freedom Valley Rd., Oaks PA  
(look for signage)

Legs for Lindsey will be run along the beautiful Perkiomen Trail on a wheel measured course along the shaded trail. Water stops will be available along the race course as well as at the start/finish area.



## PRIZES & CATEGORIES

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

|                      |                      |
|----------------------|----------------------|
| <b>9 &amp; Under</b> | <b>40-49</b>         |
| <b>10-19</b>         | <b>50-59</b>         |
| <b>20-29</b>         | <b>60 &amp; over</b> |
| <b>30-39</b>         |                      |

To be considered for a running award, you must finish within 60 minutes of the start of the race.

## FUN RUN WITH YOUR DOG!

Bring your pup for the Fun Run! All dog participants will receive a Sebastian bandana. Please keep your dog leashed and in control at all times.

## WE NEED YOUR HELP!

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

### **GOLD SPONSOR | \$500**

Water stop sponsorship  
Bold Listing on T-shirt and at Registration

### **SILVER SPONSOR | \$250**

Bold Listing on T-shirt and at Registration

### **BRONZE SPONSOR | \$100**

Listing on T-shirt and at Registration

Contact/email: .....

Phone: .....

Address: .....

.....  
Sebastian Riding Associates is a 501(c)3 non-profit corporation. Contributions are tax deductible.



### **Questions?**

p: 215-872-0148

e: [sebastianriding@verizon.net](mailto:sebastianriding@verizon.net)

# THANK YOU AND HAVE A GREAT RUN!