

RACE INFORMATION

DATE Sunday, May 19, 2013

START TIME

- Run/walk begins at 8:30 a.m.
- Race-day registration opens at 7:30 a.m.

LOCATION

The start and finish are at UPMC St. Margaret, 815 Freeport Road, Pittsburgh, PA 15215 (near Aspinwall).

ENTRY FEE

Pre-registration: \$20 (individuals); \$50 (teams) - through May 8
Race-day: \$25 (individuals); \$50 (teams)

'Pledges for Patients' participants will receive a free mug and cause wristband and are eligible for great prizes. See 'Pledges for Patients' panel or visit www.crowdrise.com/SMF5K.

GENE SPUDICH TEAM CHALLENGE

Three-person running teams of two men/one woman or two women/one man. Team entry fee: \$50. Team challenge entrants are eligible for individual and age-group awards and all random drawing prizes.

PACKET PICK-UP

- **Friday, May 17**, noon to 7 p.m., hospital lobby - Entrance B
- **Sunday, May 19**, 7:30 to 8:30 a.m., registration area

PRIZES

All registrants: Post-race drawing for great prizes ... gift certificates to local restaurants, hotels, golfing; two Steelers game tickets; and much more.

AWARDS

Winners must be present to win.

Runners: Top three male and female overall finishers. Overall winners are not eligible for individual age group awards.

Team Challenge: First, second, and third place trophies are awarded to running teams with the total fastest times. Team challenge entrants are eligible for individual and age-group awards, and all random drawing prizes.

RACE DIRECTOR John N. Panos, M.Ed., ATC

REQUEST ENTRY FORMS Call 412-784-5169

REGISTER ONLINE www.stmargaretfoundation.org



2013 FITNESS CLASSIC INDIVIDUAL entry form

ONLY ONE NAME PER ENTRY FORM, PLEASE.

Pre-registration forms must reach us by Wednesday, May 8.

You also may register online at www.stmargaretfoundation.org
 Race information line: 412-784-5169

PRE-REGISTRATION (\$20 through May 8)

- Check only one:**
- 5K RUN** (I will be running.)
 - 5K WALK** (I will be walking.)
 - Physically challenged w/wheelchair**
 - Physically challenged w/o wheelchair**

- 'Stay in Bed for the Cause' Night Shirt - one size (\$35)
- 'Paws for the Cause' Doggie Scarf Treat Kit (\$15) Dog size: S - M - L
- No, I can't participate, but please accept my donation.

I am participating in honor of in memory of _____

REQUIRED INFORMATION (please print)

Name _____
 Address _____
 City _____ State _____ ZIP _____
 Phone _____
 E-mail _____
 Age (on race date) _____ Sex _____
 Date of Birth _____

T-shirt size: S M L XL XXL

SIGNATURE (required) _____

PARENT SIGNATURE (if under 18) _____

Form of Payment: Cash Check (No. _____)
 Credit Card: MasterCard Visa Discover

CREDIT CARD INFO	Account Number _____
	Expiration Date _____
	Print Name _____ <i>(as it appears on card)</i>
	Signature _____

UPMC Employees: Complete this section to receive 50 Credits toward your 2014 MyHealth deductible:

Employee ID No. _____
 UPMC Facility _____

In consideration of the acceptance of this entry, I waive for myself, my heirs, and all assigns all claims for damage which I might have against the Fitness Classic, its sponsors, directors, officials, or anyone connected with the race as a result of any and all injuries which may be suffered by me before, during and after the race. I also release any photos that may involve me.

Checks payable to: St. Margaret Foundation
Mail entry form and fee to: FITNESS CLASSIC, St. Margaret Foundation, 815 Freeport Road, Pittsburgh, PA 15215

2013 GENE SPUDICH TEAM CHALLENGE entry form

ONLY ONE RUNNING TEAM PER FORM. Team fee: \$50

Pre-registration forms must reach us by Wednesday, May 8.

You may register online at www.stmargaretfoundation.org
 Race information line: 412-784-5169

(PLEASE PRINT)

Team Name _____
 City _____ State _____ ZIP _____
 Contact Name and Phone _____

 Organization Name (if applicable) _____

Team Member #1

Name _____ Phone _____
 Address _____
 City _____ State _____ ZIP _____
 Age (on race date) _____ Sex _____
 Date of Birth _____ E-mail _____

T-shirt size: S M L XL XXL

SIGNATURE (required) _____

Team Member #2

Name _____ Phone _____
 Address _____
 City _____ State _____ ZIP _____
 Age (on race date) _____ Sex _____
 Date of Birth _____ E-mail _____

T-shirt size: S M L XL XXL

SIGNATURE (required) _____

Team Member #3

Name _____ Phone _____
 Address _____
 City _____ State _____ ZIP _____
 Age (on race date) _____ Sex _____
 Date of Birth _____ E-mail _____

T-shirt size: S M L XL XXL

SIGNATURE (required) _____

Cash Check (no. _____)

In consideration of the acceptance of this entry, I waive for myself, my heirs, and all assigns all claims for damage which I might have against the Fitness Classic, its sponsors, directors, officials, or anyone connected with the race as a result of any and all injuries which may be suffered by me before, during and after the race. I also release any photos that may involve me.

Checks payable to: St. Margaret Foundation
Mail entry form and fee to: FITNESS CLASSIC, St. Margaret Foundation, 815 Freeport Road, Pittsburgh, PA 15215

PLEDGES FOR PATIENTS New this year ... Online Fundraising!

Registration fee waived if you collect \$50 in pledges and teams collect \$100.

Runner/Walker Name: _____
 Address: _____

Phone: _____ E-mail: _____

Set up your fundraising page at www.crowdrise.com/SMF5K

Incentive Gifts:

- Any amount - Mug, cause wristband, and free raffie
- \$100 - above items plus a Foundation pen
- \$200 - above items plus an embroidered Foundation blanket

Ask your friends, family, neighbors, employer, and colleagues who are not running or walking to sponsor you. **All runners and walkers collecting pledges receive incentive gifts and will be entered in a raffle for a signed Jerome Bettis jersey, overnight stay at Fairmont Pittsburgh, a Mitchell's Fish Market gift card, four passes to the Pittsburgh Zoo & PPG Aquarium, and more.** Pledge forms should be returned with registration forms by **Wednesday, May 8** for processing, but will be accepted on race day.

How You Help Patients:

- \$25 pays for a holiday meal for a family of four
- \$37 pays for one tetanus/diphtheria immunization shot
- \$58 pays for one flu shot
- \$75 pays for an eye exam for a diabetic patient
- \$80 pays for one night's lodging for an out-of-town family member
- \$100 pays for one vial of insulin for a diabetic patient

Important things to remember when asking for pledges:

1. You are not asking for yourself — you are helping very sick patients fill in the gaps with hope.
2. Ask five friends for \$10 — any amount helps!
3. Checks are made payable to St. Margaret Foundation.
4. Donations are tax deductible.

Sponsor's Name	Address	ZIP	E-mail	Amount

INJURY PREVENTION SEMINAR

Join your friends at a *free* seminar, **"Get Hip! to Preventing Injuries"**, on Tuesday, April 9, from 6 to 7:30 p.m. at UPMC St. Margaret. **Craig Mauro, MD**, Burke & Bradley Orthopedics, and **Michael Calabrese, PT, ATC**, Centers for Rehab Services-Chapel Harbor, will host a seminar focusing on the recognition, prevention, evaluation, and treatment of common hip injuries in runners.

Light refreshments and complimentary parking will be provided. Attendees receive a \$5 discount on the Fitness Classic 5K Run/Walk entry fee by registering at the seminar. **Call 1-866-939-7787 to reserve your seat!**

AGE GROUPS

First, second, and third place awards will be given in each of the following divisions:

Male & Female Runners

6 & under	16-19	40-44
7-8	20-24	45-49
9-10	25-29	50-60
11-12	30-34	61-70
13-15	35-39	Over 70

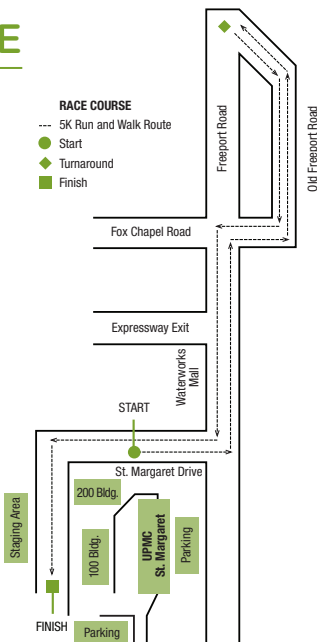
Physically Challenged (male & female)

- With wheelchair
- Without wheelchair

RACE COURSE

USATF-Certified

The 5K flat loop for the run and walk begins at UPMC St. Margaret. The course follows Freeport Road along the Allegheny River past the Waterworks Mall to Old Freeport Road and loops back to finish at the hospital.



SPONSORS

Platinum Waves

UPMC LIFE CHANGING MEDICINE / UPMC HEALTH PLAN

Gold Sunshine



Silver Sunglasses



Bronze Coconuts



Flip Flop Friends



Contributors



Please join us ...



... as we celebrate 25 years of health and fitness!

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UPMC St. Margaret



New this year ... Online fundraising!

'Pledges for Patients'

Enlist Sponsors —
 Receive Gifts and Win Prizes!

Visit www.crowdrise.com/SMF5K and click on 'Create Your Fundraiser' to help fill in the gaps with hope for patients of UPMC St. Margaret and our community.

Online fundraising participants receive great gifts and will be entered in a raffle for a signed **Jerome Bettis jersey**, an overnight stay at **Fairmont Pittsburgh**, a **Mitchell's Fish Market** gift card, four passes to the **Pittsburgh Zoo & PPG Aquarium**, and more!

FITNESS CLASSIC
 St. Margaret Foundation
 815 Freeport Road
 Pittsburgh, PA 15215
 CHANGE SERVICE REQUESTED