

**Brady O'Mara American Red Cross  
Hurricanes H.I.M. Relief**

This is our 10th Annual Seven Summits Therapy & Fitness 5k Turkey Trot. Last year we had over 800 registrants on a chilly day and this year we hope to top that elusive 1000! Over the past nine years we have raised more than \$110,000 combined for nine different charities.

It took me a little longer this year to decide what charity was most deserving of the proceeds from our race. But in delaying, the decision has unfortunately become crystal clear. Hurricane Harvey in Texas, Hurricane Irma in Florida, USVI and Puerto Rico and Hurricane Maria in USVI and Puerto Rico have caused natural disasters the likes of which we haven't seen since Hurricane Katrina in 2005. These natural disasters have devastated people's property and lives and they deserve a concerted national response of assistance from all of us, each according to their means.

Our goal is to raise \$20,000 for hurricane relief efforts in these four regions (Texas, Florida, USVI, and Puerto Rico) in equal amounts. And I've never asked this before, but please consider making a larger donation beyond the \$25-\$30 race fee.

*2016 Sponsors*

**Sila Heating & Air  
Conditioning**

**Margaret Kuo's Restaurants**

**Nolan Painting**

**Kuranda Mortgage**

**Jimmy's BBQ**

**The Running Place**

**Boy Scout Troop 181**

**Cedars Cafe**

**Endodontic Specialists, P.C.**

**Linda Chiles - Herbalife**

**Manhattan Bagels**

**My Favorite Muffin**

*Race will be held at:*  
**WILSON FARM PARK**  
*behind the*  
**Chesterbrook Shopping Center**  
at the end of Lee Road  
Chesterbrook, PA 19087



**5K Turkey Trot**

*Benefiting*

**American Red Cross  
Hurricane H.I.M. Relief**

**Thanksgiving Day  
Thursday 8:45 am  
November 23, 2017**

***Race hosted by:***

**Seven Summits Therapy & Fitness**

Race held at:  
**Wilson Farm Park  
Chesterbrook, PA 19087**

**610-687-2776**  
contact@sevensummitspt.com

# American Red Cross Hurricanes H.I.M. Relief

Hurricane Harvey is now being called the worst flooding disaster in US history. Hurricane Irma devastated the USVI and caused extensive flooding and damage in Florida. Hurricane Maria was the most intense hurricane to hit Puerto Rico in more than 80 years. PR has power outages that could last 4-6 months. More than 3,000 Red Cross workers are responding to Irma and Maria now. This includes more than 120 in PR & USVI.

The Red Cross is using donor \$ to provide shelter, food, comfort and emergency support for individuals & families affected by each hurricane. Massive disasters like these create more needs than can be met by any one organization. The Red Cross works very closely with the entire response community – faith-based organizations, non-profit groups, government agencies, area businesses and others – to coordinate emergency relief efforts and get help to people ASAP.

After the emergency relief part of the work is complete, Red Cross uses any remaining donations to meet the longer-term needs of the affected communities.

The Red Cross honors donor intent and all donations earmarked for a particular hurricane or region will be used to support that disaster. Keeping expenses low, 91% of donations will go to help people of the particular hurricane or region.

Written 9/21/17

## Awards: 5K Run/Walk

Awards to top 2 Male & Female overall  
Medals will be awarded to the top 3  
Male & Female in age groups.  
14 & under, 15-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70+

All Children's Fun Run finishers will receive a ribbon.

***You may also register online at  
www.brynmawrrunningco.com***

### ***Make checks payable to:***

Seven Summits Therapy & Fitness  
992 Old Eagle School Rd.  
Suite 919  
Wayne, PA 19087

**\*Packet pick up available Wed. 11/22/17 9a-5p  
at Seven Summits Therapy & Fitness.**

### **Disclaimer**

Disclaimer: In consideration of the furtherance of your purpose, objective and work, and in consideration of your permitting me to participate in your event on behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for damages which I may have against you, the municipalities through which the event will take place, commonwealth of Pennsylvania, as well as any other person connected with the event, their heirs, executors, administrators, successors and assigns for any and all injuries which I may suffer while taking part in the event or as a result thereof.

\_\_\_\_\_  
Date Signature of Runner (required)

\_\_\_\_\_  
Signature of Parent or Guardian if under 18 years

## OFFICIAL 2017 ENTRY FORM

Name\_\_\_\_\_

Address\_\_\_\_\_

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

Phone\_\_\_\_\_

E-mail\_\_\_\_\_

Age on Race Day\_\_\_\_\_ Male [ ] Female [ ]

T-shirt size (circle one) **S M L XL**

***T-shirts to the first 600 registrants***

## RACE DAY EVENTS

### Event Entered (Check One)

[ ] Children's Fun Run (11 years & under  
8:45 am start)

[ ] 5k Run/Walk (9:00 am start)

[ ] I am unable to participate but wish to  
make the enclosed donation.

[ ] I would like to be a race day volunteer.  
(Contact Seven Summits)

### Pre Registration- Before 11/19/17 - Runners & Walkers

- \$25 5K if postmarked by 11/19/17.
- \$5 for Children's Fun Run.

### Race Day Registration - Runners & Walkers (After 11/19/2017)

- \$30 - 5K Race applications will not be  
processed if postmarked after 11/19/17.  
Please bring the application and post-entry  
fee on race day for processing during  
registration hours.

***Make checks payable to:  
Seven Summits Therapy & Fitness***