



**Sunday, October 3, 2010**

Ridley Creek State Park, Section 11, Media, PA

On-Site Registration Opens at 7:45 AM

Kids' Races Start at 8:30 AM

Race Starts at 9 AM

Prizes for  
Top Male & Female  
Runners in  
7 Age Groups

**5K Run**  
**1 Mile Fun Walk**  
**Kids' Races at 8:30 AM**

**FREE**  
**T-Shirt for First**  
**500**  
**Registrants**

Podiatrist  
Onsite

Can't make it on race day? You can still participate!  
Register for our virtual race, sign up pledges,  
run in your own neighborhood, and collect the pledge money.  
Then send it to Martins Run and we'll send you a T-shirt.  
We will also post your virtual race photos on our web site and  
award prizes to the top three virtual racers.

To register for the race online, please [click here](#) or visit [www.runtheday.com](http://www.runtheday.com)  
or [click here](#) to download registration and pledge forms.

For sponsorship opportunities,  
[click here](#) or call for details.

Food,  
Music,  
Fun!

Contact Marge Farbman  
**610-353-7660 x 254**

Enter our  
Pledge Contest!  
Prizes for  
Top 3 Individuals  
and Top Team

*Martins Run*

A Senior Living Community minutes from the Main Line  
11 Martins Run Media, PA 19063

[www.martinsrun.org](http://www.martinsrun.org)



*Martins Run does not discriminate on the basis of race, color, religion, national origin, sex or handicap.*

