

3rd Annual Walk to Live

(5k run/1 mile fun walk)

Bringing awareness to suicide prevention



In loving memory of Megan Lynn Swan

When: Sunday, October 16th

Sign in starts at 9:00 am

5k starts at 10:20 am promptly

1 mile fun walk starts at 10:30 am

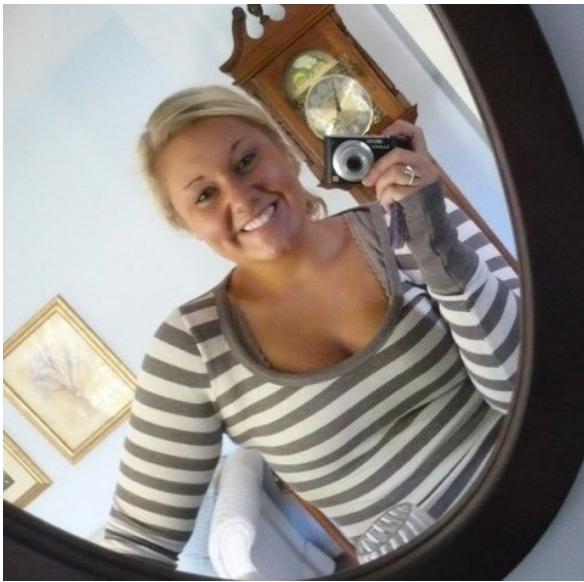
Where: The Norristown Farm Park

How to register:

1) Online Registration Available at www.pretzelcitysports.com
(Nominal service fee applies, closes at midnight, the Wednesday before race day)

2) Mail in registration (Cash and checks are accepted)

RAIN OR SHINE EVENT!



How it will work:

- Registrations can be completed online at Pretzelcitysports.com or by mail in registration.
- Race day registration is also available at an increased fee
- Food and drinks are offered before and after the event
- Amazing raffle basket drawings
- Prizes will be awarded to the top runners participating in the 5K
- All proceeds raised for the nonprofit organization “The Megan Lynn Swan Memorial Fund” will be donated between **The American Foundation for Suicide Prevention** and **The Megan Lynn Swan Memorial Scholarship** at West Chester University.

What we are running/walking for:

As the three-year mark approaches since the loss of our angel Megan, I would for one like to thank everyone for the past two successful “Walk to Live” 5K ‘s that we have held. Each year we have been blown away by the love and support from family, friends and the amazing community. My beautiful friend Megan Lynn Swan passed away on October 22, 2013. She was a vibrant, full of life, beautiful person who I never saw without a smile on her face. As a junior nutrition major at West Chester University, Meg worked extremely hard in school and excelled. After changing her lifestyle and losing a significant amount of weight she had hoped to use what she had been through, to help people in her future career. She always made time for her family and friends and kept everyone laughing nonstop. I am honored and proud to announce that we are hosting the 3rd annual Walk to Live to raise awareness about depression and anxiety and to help with suicide prevention, along side of Megan’s family and friends. Over the past year “The Megan Lynn Swan Memorial Fund” has officially become a nonprofit organization, which will only help this event to grow even more. We are hopeful to have another amazing event this October to not only remember Megan and the beautiful person that she was but to bring our community together to have fun while continuing to raise money for The American Foundation for Suicide Prevention as well as keep The Megan Lynn Swan Scholarship alive at West Chester. We cannot wait to see you all at this event!!!

Norristown Farm Park Address:

Sign in and registration is located at the pavilions

Enter park on W. Germantown Pike entrance (Follow the pretty balloons)

Use address: 502 W. Germantown Pike Norristown, Pa

Parking:

There will be parking available at the pavilions

Contact Information:

Marissa Palonicola
marissapalonicola@yahoo.com
(610) 639 9467

and/or

Rose Swan
Rmomrunner89@aol.com
(610) 724 0192

*** For any questions/concerns or additional registration forms please contact the email or phone number provided above.

** Additional fundraising and donations are not required but will be greatly appreciated

Mail in Registration Form

Fees Due:

\$30 by September 16th (T-shirt included)

\$20 (ages 12 and under) by September 16th (T-shirt included)

\$35 after September 16th / at race day registration (**T-shirt included while supplies last**)

- Please print out and complete one form per participant and mail with payment to:

300 Heston Avenue Norristown, PA 19403

- Cash in person to Marissa Palonicola or make checks payable to "Megan Lynn Swan Memorial Fund"

- Please include an email address so that we can send you a receipt of registration/donation

Name: _____

Address: _____

City: _____ State: _____

Zip Code: _____ Phone: _____

E-mail: _____

Sex: M _____ F _____ Age: _____

Event: 5K Runner: ____ Walker – 1 Mile ____

T-Shirt Size (Circle) Adult S/ Adult M/ Adult L/ Adult XL

*** If a different size is needed please make note on this form or contact me by email at marissapalonicola@yahoo.com

Fee amount enclosed \$ _____

Donation amount enclosed \$ _____ (Optional)

____ **I cannot participate but would like to make a donation:**

Amount Enclosed \$ _____ (Optional)

SPONSORSHIP OPPORTUNITIES

Platinum: *Sponsorship Level: \$1,000*

- ❖ 2 inch high display of your name on the back of the Race T-shirt
- ❖ Display of any banner or signage you provide at the race site
- ❖ Opportunity to set up a stand & Showcase products and services under covered pavilion. Picnic table provided for use. (no selling of food or drinks allowed)
- ❖ Receive 5 complimentary Race entries
- ❖ Distribution of any marketing materials you provide to all participants

Gold: *Sponsorship Level: \$500*

- ❖ 1 inch high display of your name on the back of the Race T-shirt
- ❖ Display of any banner or signage you provide at the race site
- ❖ Opportunity to set up a stand and Showcase products and services under covered pavilion. Picnic table provided for use. (no selling of food or drinks allowed)
- ❖ Receive 4 complimentary Race entries
- ❖ Distribution of any marketing materials you provide to all participants

Silver: *Sponsorship Level: \$250*

- ❖ 1/2 inch high display of your name on the back of the Race T-shirt
- ❖ Display of any banner or signage you provide at the race site
- ❖ Opportunity to set up a stand and Showcase products and services. Must provide own covering and table (no selling of food or drinks allowed)
- ❖ Receive 2 complimentary Race entries
- ❖ Distribution of any marketing materials you provide to all participants

Bronze: *Sponsorship Level: \$100*

- ❖ 3/8th inch high display of your name on the back of the Race T-shirt
- ❖ Display of any banner or signage you provide at the race site
- ❖ Distribution of any marketing materials you provide to all participants

Contributor Form

Please return the following form along with any applications by **September 16th to 300 Heston Avenue Norristown, PA, 19403.**

Thank you for any help that you are able to give! It is greatly appreciated!

Contribution Level (check one):

Platinum (\$1000) Gold (\$500) Silver (\$250) Bronze (\$150)

Company Name: _____

Company Address: _____

Contact Person: Name: _____ Title: _____

Tel #: _____ e-mail _____

T-Shirt Listing to Read

Will be supplying onsite signage? yes no
Plan to set up a display on race day? yes no