

**RUN**

**WALK**

**ROLL**

The Brain Injury Association of Pennsylvania  
PRESENTS

# RACE FOR RECOVERY

## CHAMPION SPONSOR

Main Line Health

Bryn Mawr Rehab Hospital

## BACKERS



Rudolf & Christina Fellin  
Veteran Construction

## SUPPORTERS

David Murray  
Wayne Raffety

**RACE FOR RECOVERY**  
P.O. Box 55  
Ardmore, PA 19003-0055



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# RACE FOR RECOVERY

**Saturday March 21, 2009**

Registration Opens 7:30 am

Race Starts 9:00 am

East Goshen Park, West Chester, PA

## “It’s A No-Brainer!”

USA Track and Field Certified

Accurate 5k Course

Timing by Athlete’s Closet Prompt Results

High-quality custom tee for the first 200 entrants

**Register/Donate Online at**  
**[www.biapa.org](http://www.biapa.org)**

**Brain Injury Association**  
**of Pennsylvania, Inc.**

# WHY SHOULD WE RACE?

- There are currently 5.3 million Americans living with disabilities related to a traumatic brain injury
- Approximately every 23 seconds, someone in the US sustains a traumatic brain injury
- There are 1.4 million brain injuries a year, and over 50,000 people die each year as a result of a traumatic brain injury

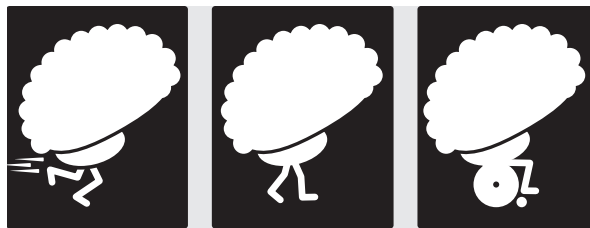
The **RACE FOR RECOVERY** has been created to raise awareness and to promote safer choices, in an effort to decrease the incidence and severity of traumatic brain injuries.

## PROCEEDS WILL BENEFIT:

- Programs aimed at educating the public to prevent traumatic brain injuries
- Rehabilitation programs for those who have suffered a traumatic brain injury

**The Brain Injury Association of Pennsylvania, Inc. (BIAPA) works to prevent brain injury and improve the quality of life for brain injury patients and their families.**

**Please visit [www.BIAPA.org](http://www.BIAPA.org) for more information about brain injuries, and what can be done to prevent them.**



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# RACE FOR RECOVERY

**Saturday March 21, 2009  
East Goshen Park  
Paoli Pike, West Chester , PA**

- 7:30 am** Registration (Donations)  
**9:00 am** 5K run & 1 mile walk/wheelchair roll  
**10:00 am** Awards and Recognition

## AWARDS

- First male/female overall
- Additional awards to top two male/female in each category:

12 and under	30-39
13-15	40-49
16-19	50-59
20-29	60 +

## REGISTRATION (for first 200 entrants)

- Pre-registration postmarked by March 16: \$15, includes a T-shirt
- Registration after March 16 and on race day: \$20, includes a T-shirt

**FOR MORE INFORMATION  
215-715-6255**

# REGISTRATION FORM

Register online at [www.biapa.org](http://www.biapa.org) or return this form with registration fee to: **RACE FOR RECOVERY**  
P.O. Box 55, Ardmore, PA 19003-0055

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Male  Female Age \_\_\_\_\_

T-Shirt Size:  S  M  L  XL

Emergency Contact \_\_\_\_\_

Emergency Phone \_\_\_\_\_

## PARTICIPATION

Run  Walk  Wheelchair Roll

## AMOUNT ENCLOSED

- Registration Fee – postmarked by March 16: **\$15**
- After March 16 and on race day: **\$20**
- I cannot attend. Enclosed is a contribution of \$ \_\_\_\_\_

## Payment Method

Check payable to "Brain Injury Association of Pennsylvania, Inc."

VISA  AmEx  MC  Discover

Card # \_\_\_\_\_

Exp \_\_\_\_\_ Billing ZIP Code \_\_\_\_\_

3-digit Verification Code (on back of card) \_\_\_\_\_

Signature \_\_\_\_\_

I, the undersigned, intending to be legally bound for myself, my heirs, executors, administrators, and assigns, hereby waive and release any and all rights and claims for damages I may now or hereafter have against East Goshen Township, and their respective employees for any and all damages or injuries which may be sustained by me or my family arising out of my participation in the above activity.

\_\_\_\_\_  
Signature of Participant (Parent or Guardian if participant is a minor)