

**Brady O'Mara for FLITE –
Foundations for Learning In
Tredyffrin/Easttown**

This is our 6th Annual Seven Summits 5k Turkey Trot. Last year we had over 800 registrants and this year we hope to top 1000! Over the past five years we have raised more than \$50,000 combined for Children's Hunger Fund, Pennies for Peace, Philabundance, YMCA's Changing Lives, and Guatemalan Outreach Program.

This spring, I had a patient tell me about the great work that FLITE is doing in our local community. We live in a school district rated as one of the best in the state and we live in an area of relative affluence. We often take these things for granted. However, not all children in the T/E district have the financial, emotional, and environmental support to succeed. These students never get the chance to reach their full potential. Some lack transportation, necessary to participate in pre-school, after-school, or remedial activities. Some lack the preparation, support systems, or skills required for success. FLITE helps provide an opportunity for these children to gain the tools of their own success.

Information about participation in FLITE programs is available through the school guidance counselors. FLITE is an IRS approved 501(c)3 non-profit organization.

See www.sevensummitspt.com
for further details.

2013 Sponsors

**Margaret Kuo's
Restaurants**

Nolan Painting

The Running Place

Sila Heating & Air Conditioning

Penn Medicine Valley Forge

THRIVE Health & Nutrition

Christopher's Restaurant

Keystone Motors

Toscani & Lindros LLP

Kese Interiors

Cole Wellness Spa

Manhattan Bagels

Bake at Home Pizza

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


**SE EN
SUMMITS**

5K Turkey Tro

for


flite
Foundation for Learning In Tredyffrin/Easttown

Thanksgiving Day

Thursday

November 28, 2013

8:45 am

Race hosted by:

Seven Summits Therapy & Fitn

Race held at:

**Wilson Farm Park
Chesterbrook, PA 19087**

contact@sevensummitspt.com

Ample parking

Foundation for Learning In Tredyffrin/Easttown

Creating Opportunities – Enhancing Achievement

Helping T/E Students Succeed Since 2005...FLITE is an all volunteer non-profit foundation that helps ensure that all kids in T/E have the tools, opportunities and support they need to succeed in school. FLITE works with the T/E School District administration to identify areas of need and raises funds from the community to support academic programs. FLITE programs address the needs of early childhood education through college preparation to make sure that no student is denied a quality education due to lack of resources at home or in the district.

FLITE currently funds 18 programs, including:

- Preschool tuition assistance
- After school homework program
- Computers & graphing calculators
- Musical instrument rental
- School supplies
- Summer learning opportunities
- SAT prep and college workshops
- Classroom innovation

The purpose of FLITE is to help assure educational excellence for public school children in T/E School District by providing resources that will:

- 1) Help students to take full advantage of the opportunities that the district offers.
- 2) Provide for innovative & challenging programs in T/E.

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.runtheday.com***

Make checks payable to:

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

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 2013 ENTRY FORM

Name_____

Address_____

City/State/Zip_____

Phone_____

Age on Race Day_____ Male ☐ Female

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

T-shirts to the first 600 registrant:

RACE DAY EVENTS

Event Entered (Check One)

☐ Children's Fun Run (11 years & und
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 volunte
(Contact Seven Summits)

Pre Registration- Before 11/25/2013 - Runners & Walkers

- \$20 5K if postmarked by 11/25/2013.
- \$5 for Children's Fun Run.

Race Day Registration - Runners & Walkers (After 11/25/2013)

- \$25 - 5K Race applications will not be
processed if postmarked after 11/25/20
Please bring the application and post-er
fee on race day for processing during
registration hours.

Make checks payable to:
Seven Summits Therapy & Fitness