

TCDN 23rd Annual STUPPY FUN DAY and 5K RUN/WALK

The 5K run/walk starts and finishes on the scenic campus of Swarthmore. The course, which runs through the picturesque town of Swarthmore, is mostly flat, with one long hill at the midway point.

The TCDN Family Fun Fair, known as the Stuppy Fun Day, includes:

- Children's mini races
- Face painting
- Spin art
- Raffle baskets
- Food
- and more



Location

5K START/FINISH and STUPPY FUN DAY

- Behind the Lamb Miller Field House at the Swarthmore College track, Swarthmore, PA 19081
- Access at Swarthmore College South Entrance off of Chester Road (Rte. 320), next to the Swarthmore Train Station

T C D N TRINITY COOPERATIVE DAY NURSERY
301 N. CHESTER ROAD
SWARTHMORE, PA 19081
(610) 544-4555



SINCE 1972

Non-Profit Org.
POSTAGE PAID
Permit No. 16
Swarthmore, PA
19081

TCDN 23rd Annual STUPPY FUN DAY and 5K RUN/WALK



Saturday, May 9, 2009
at Swarthmore College

8 am: 5K registration
9 am: 5K start
9 am-noon: Family Fun Fair



Supports
Trinity Cooperative Day Nursery
Children's Educational Programs
and Scholarship Fund

Names _____

Address _____

Email _____

Age on race day ___ Sex M___ F___

5K Entry ___Run ___Walk

___\$18 ___\$22 ___\$25
By 4/30/09 By 5/8/09 Day of event

Stuppy Fun Run (mini races)

___Preschool ___9 & 10 yr old
___5 & 6 yr old ___11 to 14 yr old
___7 & 8 yr old ___Karen Marriott Relay
(4 x 100 meters)

___\$10 per participant ___\$30 per family

___I am unable to participate, please accept my enclosed donation of \$_____.

RELEASE: All Entrants Must Complete!

In consideration of my participation in the TCDN "5K Run/Walk and Stuppy Fun Run," I agree to hold harmless and release all sponsors and participating organizations and their agents, the Borough of Swarthmore, Swarthmore College, and TCDN, for any and all injuries, losses, and damages which may occur during my participation (or the participation of my minor child) in the Run/Walk. I am (or my minor child is) medically/physically able to participate in the said event. In the event of a community emergency that results in termination or cancellation of the race, no refunds will be made.

X
Signature (Parent/Guardian signature required if entrant is under 18 years of age)

SUPPORT TCDN

Whether you are an experienced or occasional runner, you will enjoy this challenging 5K race through scenic Swarthmore. The age divisions are male and female, 19 and under, 20-29, 30-39, 40-49, 50-59 and 60 and above. We have added a time-prediction category, where you will be asked to predict your pace for the entire race.

TCDN is a non-profit childcare organization whose mission is to provide a safe, nurturing, and enriching environment for preschool and school age children. To express this mission TCDN will provide an atmosphere where growth and learning take place; ensure that developmentally appropriate methods, state educational standards, and nationally accredited criteria are used for each program; and arrange programs so that family groupings (mixed age groups) are maintained. Currently we offer programs for children age 1 through 6th grade, including the preschool program, Before School Club, Explorer (kindergarten), Swarthmore After School Club, Wallingford After School Club, Nether Providence After School Club, and Older After School Club.

Register today at
www.tcdn.org
or call 610-544-4555

Please return this form with checks made payable to:
TCDN 5K Run
301 N. Chester Road
Swarthmore, PA 19081

FUN FAIR AT START/FINISH

The after school clubs will host various fun activities at the START/FINISH area. Join in the fun and support your after school club.

AWARDS AND PRIZES

Awards and medals will be presented to the top overall male and female finishers, as well as the 1st and 2nd place winners of each age division of the 5K Run. All 5K participants will receive a t-shirt.

RACE RESULTS

Computer timing and finish line logistics will be provided by Run the Day Race Management. Complete race results will be posted at www.runtheday.com.

The Stuppy Fun Run was created 22 years ago to honor Leroy Stuppy, a science teacher, respected coach, and beloved father. Megan, his daughter, was a TCDN student when her father drowned accidentally while visiting Yellowstone National Park. As the first beneficiary of the fund named for her father, Megan went on to complete TCDN preschool and school-age programs. Regina Stuppy Keller told Megan before the first Memorial Run, "they're having a run as a memorial to your Dad, and collecting money for other children who can't afford to go to TCDN. It was important to your Dad that you had that opportunity, so now other children may also have it."