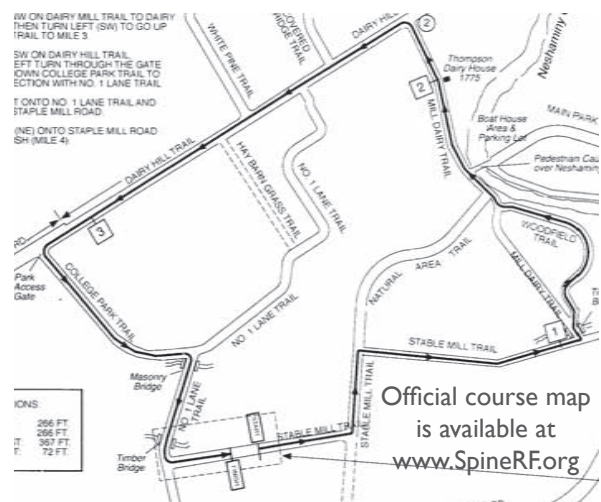


Start and Finish at  
**Tyler State Park**  
**Earth Center for the Arts**  
**Number 1 Lane Trail**  
**Newtown, PA 18940**



**Race Waiver and Release**

In consideration of acceptance of this entry and my participation in this event, I, the undersigned, accept all risk to my health and assume full and complete responsibility for any injury or accident which may occur during We've Got Your Back or while I am on the premises of this event. I RELEASE AND HOLD HARMLESS THE SPONSORS AND PROMOTERS OF THIS EVENT, INCLUDING THE SPINAL RESEARCH FOUNDATION, ITS EMPLOYEES, AND REPRESENTATIVES, AND ALL OTHER PERSONS AND ENTITIES ASSOCIATED WITH THIS EVENT (THE "EVENT" PARTIES) FROM ALL CLAIMS AND CAUSES OF ACTION FOR LOSS OF OR DAMAGE TO MY PROPERTY AND FOR ANY OR ALL ILLNESS OR INJURY TO MY PERSON, WHETHER IT BE CAUSED BY THE NEGLIGENCE OF THE SPONSORS, PROMOTERS OR OTHERWISE. I give my permission to the Event Parties to use, without compensation, my name, likeness and/or picture for any purpose related to this event or any future events, including the use of any photographs videotapes, motion pictures, or other recordings of me that are made during the course of this event and including the use of my name, likeness of photograph in a broadcast, newspaper, magazine, brochure or other media. I state that I am in proper condition to participate in this event.

**PRESENTING SPONSOR**



**GOLD SPONSORS**



**SILVER SPONSORS**



**BRONZE SPONSORS**



**COMMUNITY SPONSORS**



**The Spinal Research Foundation**

Improving spinal health care through research and education



P.O. Box 1264  
 Newtown, PA 18940  
[www.SpineRF.org](http://www.SpineRF.org)

**2nd ANNUAL PHILLY METRO**  
**WE'VE GOT YOUR BACK**



**4 MILE RACE**  
**2 MILE FUN WALK**  
**& SPINAL HEALTH FAIR**

**SUNDAY - JUNE 6, 2010**  
 9:00 am - 12:00 pm  
 Rain or Shine

Start and Finish at  
 Tyler State Park  
 Earth Center for the Arts  
 Newtown, PA 18940



*The Spinal Research Foundation's annual race/walk will benefit research and education to improve spinal health care for all Americans.*



## The Spinal Research Foundation

The Spinal Research Foundation (SRF) is an international non-profit organization dedicated to improving spinal health care through research and education. The Foundation collaborates with spinal research centers around the world to prove the success of traditional approaches as well as develop new techniques and technologies. These results are shared with both the medical profession as well as the general public to improve the overall quality and understanding of optimal spinal health care.

*The Spinal Research Foundation is a non-profit 501(c)(3) organization.*

### WHY IS THIS RACE SO IMPORTANT?

Spinal disease knows no boundaries. It affects everyone, male and female, young and old. When you participate in this race/walk you are raising funds that directly contribute to life changing research and educational programs.

#### Did you know?

More than 90% of the population will suffer from severe neck and/or low back pain during their lifetime. Eight percent of these people develop chronic pain, which means that at any given time, 35 million people in the United States are directly affected by disabling pain. Techniques to cure, manage and prevent these conditions must continue to be developed, implemented and proven.

#### The Facts

- According to the National Institute of Health:
- At some point, neck or back pain will affect an estimated 9 out of 10 people. It is one of society's most common medical problems.
  - The first attack of neck or low back pain typically occurs between the ages of 30 and 40. Spinal pain becomes more common with age.
  - With symptoms ranging from a dull ache to absolute agony, back pain can put your life on hold.
  - Back pain is second only to the common cold in causing missed workdays for adults under age 45.
  - There are 35 million office visits for neck and low back pain per year.
  - Over 400,000 medical admissions occur per year for neck and low back pain.

### ABOUT THE RACE

#### The Course

We are featuring a NEW COURSE this year! This is a USATF certified 4-mile course on a scenic route through Tyler State Park. With the start and finish at the Earth Center for the Arts, the course heads into the woods above Neshaminy Creek before coming up the Dairy Hill Trail towards the finish line. Certification #PA10009WB. Course map is available at [www.spinerf.org](http://www.spinerf.org).

#### Team Sponsorship

Walking or running with friends or family? Interested in organizing a corporate team? Teams consist of any number of runners or walkers. Prizes will be awarded to the three largest teams and the team that raises the most funds for The Spinal Research Foundation.

#### Family Fun Walk

This 2-mile fun walk is perfect for children 12 and under and anyone else who wants to join the fun - moms, dads, grandparents and friends! The fun walk starts at 9:45 am.

#### \$1000 In Cash Prizes

- First Place: \$300 (male and female)
- Second Place: \$150 (male and female)
- Third Place: \$50 (male and female)
- Age group winners will receive gift certificates.

### RACE DAY SCHEDULE

- 8:00 - 8:45 Race Day Registration & Timing Tag Pickup
- 8:00-12:00 Spinal Health Fair & Kids Corner
  - 8:30 Opening Ceremony
  - 8:45 Group warm up
  - 9:00 4 Mile Race Start
  - 9:45 2 Mile Fun Walk Start
  - 10:30 4 Mile Race Awards Ceremony

### SPINAL HEALTH FAIR

Join us on race day for the Spinal Health Fair located at the registration site, the Earth Center for the Arts in Tyler State Park. This fun filled community event is open to all ages and will be held from 8:00 am to 12:00 pm. Learn how your spine works and what you can do to prevent injury in the future.

### KIDS CORNER

Bring your children to the Kids Corner for special activities including color & learn areas and a moon bounce!

The Kids Corner is open from 8:00 am to 12:00 pm

### REGISTRATION

#### Register Online (Preferred Method):

It's easy! Register with a credit card at [www.spinerf.org/race/newtown](http://www.spinerf.org/race/newtown)

#### Register By Mail:

Mailed entry forms must be postmarked by 5/28.

### PACKET PICK UP & LATE REGISTRATION

Packet pick-up and late registration will be held on: *Friday, June 4th - 12:00 pm to 7:00 pm*

*Location: Princeton Brain and Spine Care  
St. Clare Medical Building  
1203 Langhorne - Newton Road, Suite 138  
Langhorne, PA 19047*



## The Spinal Research Foundation's We've Got Your Back Registration Sunday, June 6, 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Team Name \_\_\_\_\_

Age on 06/30/09 \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Female  Male Shirt Size: XS S/M L/XL XXL

Please check which event you will be participating in:

- 4 Mile Run
- 2 Mile Fun Walk (children 12 & under are free)

#### Entry Fees

- \$20 - Register by May 7th
- \$25 - Late Registration between May 8th & June 5th
- \$30 - Race Day Registration- June 6th
- \$\_\_\_\_\_ Donation

**By signing below I acknowledge that I have read and I agree to the Race Waiver & Release on the back of this panel.**

Signature/Parent or Guardian Signature (if under 18) \_\_\_\_\_

Date \_\_\_\_\_

**Mailed entries must be postmarked by May 28, 2010**

**Mail entries to:  
Spinal Research Foundation  
We've Got Your Back  
P.O. Box 1264, Newtown, PA 18940**

**Thanks for your support! A donation in your name will be made to the Spinal Research Foundation!**