



Dear Neighbors and Friends:

Body Systems Fitness is proud to announce the 2018 7th Annual McDonald 5k Charity McRun to be held on Sunday October 14, 2018 in Heritage Park. We are proud of this growing event and this year our goal is to host 200 runners, while supporting a great cause. This year Body Systems Fitness is excited to sponsor Fort Cherry School District as they create emergency classroom supply buckets as well as support their fundraising for their new organization Fort Cherry Helping Hands.

The Emergency Classroom Buckets will equip each classroom in the school district with emergency response supplies for use incase of emergency. These buckets are utilized nationwide as part of the A.L.I.C.E. training and recommended by law enforcement as a way for schools to be better prepared to protect students and staff in emergency situations.

Fort Cherry Helping Hands is a new organization, founded by the Fort Cherry School District in January 2018. Helping Hands was established to assist local students and families who struggle with food insecurity at home. Helping Hands works with local food banks to ensure that students have access to meals over the weekends and holidays when they are away from school support.

Body Systems Fitness would love if you would partner with us in supporting these causes in our community school district. If you can't attend the event there are several ways you can contribute to the cause. We are currently seeking sponsors, whose business name will be printed on the race t-shirts (see sponsorship form attached). We are also seeking door prizes and auction items, as well as samples to be distributed to our runners.

Should you have any questions or need any further information, please call 724-492-1386 or email Chip Amic at chip22380@yahoo.com.

Thank you in advance for your support in our efforts.

Sincerely,

Elizabeth McCloud
McDonald 5k Charity McRun Committee

2018 7th Annual McDonald 5k Charity McRun



BODY SYSTEMS FITNESS

Body Systems Fitness proudly supporting

REGISTRATION FORM

Sunday October 14th, 2018

Heritage Park
McDonald, PA 15057



Fort Cherry Emergency
Response Funds

9:00 a.m. (registration begins at 8:00 a.m.)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Email: _____

Gender: M _____ F _____ Shirt Size*: S _____ M _____ L _____ XL _____

*T-shirts are guaranteed to those pre-registered by October 6th.

* One shirt per family registered for the Family Fun Walk.

* Extra shirts available for \$10.00

Entry Fee (please select one):

_____ **\$25.00 5K Run/Walk**

_____ **\$30.00 Family Fun 1 Mile Walk**

(Registration can be received through Runsignup.com or make checks payable to "Body Systems". All payments/registration forms can be mailed to Body Systems Fitness, 106 West Lincoln Avenue, McDonald, PA 15057, c/o Chip Amic OR brought with you the day of the race. Registration forms will be available the day of the race.)

Emergency Contact Name: _____ Phone: _____

Waiver: In consideration of the acceptance of this entry, I waive myself, my heirs, and assigns, all rights and claims for damages which I might have against McRun from McSummerfest and/or The McDonald Volunteer Fire Department and Body Systems Fitness, other sponsoring organizations, businesses or individuals as a result of any and all injuries suffered by me in that event. I attest and verify that I am an amateur and physically fit and have trained sufficiently for this event. I also release any photos that may involve myself. All fees are non-refundable.

Signature (parent if under 18): _____ Date: _____

All event contributions will be donated to the Fort Cherry School District to support emergency response interventions.



2018 7th Annual McDonald 5k Charity McRun

Sponsored by Body Systems Fitness in support of
The Fort Cherry School District Emergency Bucket
and
Helping Hands Funds



SPONSORSHIP FORM

*****Premier Sponsors:** Any sponsor that makes a cash or check donation of \$150 or more will be featured on our race t-shirts, as well as in our race programs. They will also have the opportunity to add promotional items to our race bags.

*****Supporting Sponsors:** Sponsors who make a cash or check donation of less than \$150 or donate a Chinese auction item will be featured in our race programs as well as have the opportunity to add promotional items to our race bags.

Business Name: _____

Address: _____

Phone/Email : _____

Contact Name: _____

Type of Sponsorship: _____

Total Paid: _____ Check #: _____

Would you like to provide a promotional item for the goody bag? _____

Auction Item

Item: _____ Approx Value: _____

* Make all checks payable to Body Systems Fitness and mail to 106 West Lincoln Avenue
McDonald, PA 15057



2018-2019 FC Youth Boys Basketball



Presented by

2018 - 2019

Fort Cherry Youth Basketball

Grades 3rd - 6th

SIGNUPS WILL BE HELD ON WEDNESDAY,
OCTOBER 10th and THURSDAY, OCTOBER 11th
from 7:00pm - 8:30pm in the Elementary lobby
Please contact Todd Kemp (tjk1109@comcast.net) or Jim Lepro
(leprojl@hotmail.com) with any questions.

Please make checks payable to FC Youth Basketball and bring it along with the completed Registration /
Release Form below.

Last Name:		First Name:	
Grade (2018-19):		School District: Fort Cherry	
Birthdate: (xx/xx/xxxx)			
Parent/Guardian Name:		Telephone:	
Address:			
City:	State:	Zip code:	
Emergency Telephone:			
Email:			
Please enroll my son in the Fort Cherry Youth Basketball Rec League. My son has had a recent physical exam and is physically able to participate in all camp activities. I relieve the Fort Cherry School District and Fort Cherry Youth Basketball of any responsibilities should any accidents occur.			
Signature of Parent or Guardian			

FORT CHERRY YOUTH WRESTLING REGISTRATIONS

FORT CHERRY



WRESTLING

When

**Open House September 19th-20th @ 6PM by Fort
Cherry Elementary Gym Lobby**

**October 1st & 15th @ 6PM outside FC Wrestling
Room (open mat will be those nights also)**

New Wrestlers will receive a free t-shirt for signing up

Registration Fee: \$60.00

(if you have more than one wrestler, the 2nd child is \$40.00)

Singlet deposit: \$75.00

***The singlet deposit is only cashed if the singlet is not returned at the end of season. Please provide separate payment for deposit (check or money order).**

If you are new wrestler, please bring a copy of your birth certificate

McFall Fest



Saturday, October 13, 2018

11 am - 4 pm

**Free Children's Fun Area, Live Music,
Vendors & Crafters, Mum & Pumpkin Sale**

Bake Sale and Homemade Food

Sandi's Treasure Chest Resale Shoppe

Treasure Chest Resale Hours :

Friday, October 12th Preview Night, 5 – 9 pm (\$5 donation)

Saturday, October 13th

8 am - 4 pm

McDonald Presbyterian Church

119 Station Street, McDonald, PA 15057

724-926-8561

100% of proceeds benefit mission & ministry



Scare up some healthy, safe fun for Halloween!
Canonsburg Hospital Halloween Trail

THURSDAY, OCTOBER 25, 2018

4:00-5:30PM

**CANONSBURG HOSPITAL
FITNESS TRAIL**

(FOLLOW SIGNS TO TRAIL ENTRANCE)

Children 12 years of age and under are invited to come dressed in their favorite costume to meet our many “haunted hosts”. Wander along the Fitness Trail and hobnob with the goblins for an evening of trail-side tricks and plenty of treats.

*In the event of inclement weather, the
Halloween Trail will be indoors.*



Come Join BSA Pack 1396

Meetings are starting now.

Meetings are held every Tuesday at 7PM.

We are located at the Bavington Grange

We now offer special STEM meetings where you can earn more awards!!



Contact Brandon Maltony: bmaltony@yhoo.com