

Register

ONLINE:

Visit www.morningside-pa.org/run to learn more about online registration. Credit card payment available only with online registration.

BY MAIL:

Complete form on the reverse and mail with check or money order payable to the **Morningside Area Community Council - One Mile Run** (do not mail cash) to:

Morningside Mile Honoring Those Who Serve
c/o Morningside Area Community Council
P.O. Box 90185
Pittsburgh, PA 15224-0185

Volunteer

Volunteers are needed to prepare for the race (distribute flyers, stuff packets, etc.) and to help out on race day. If you have a few hours to spare, call 412-874-7440 or send an email to run.volunteers@morningside-pa.org.

Sponsor

Interested in becoming a sponsor? Contact the Morningside Mile Committee: 412-874-7440 or run.sponsorships@morningside-pa.org.

About the Mile

The **Morningside Mile Honoring Those Who Serve** is a program of the Morningside Area Community Council, a non-profit organization that exists to represent the interests of concerned residents, businesses, organizations and other parties to promote and foster the social, economic and physical well being of Morningside.

The Morningside Mile is being organized in partnership with the Morningside VFW Post 3945. The proceeds from the Mile will go to the **Morningside Area Community Council** and the **Pittsburgh Fisher House**.

2015 Honoree

The Morningside Mile committee is pleased to recognize Air Force veteran and retired firefighter Captain John Trenz as its 2015 honoree. Captain Trenz grew up in Morningside, attended Dilworth Elementary School and Peabody High School. He is a member of St. Raphael's Roman Catholic Church and a long-standing member of the Morningside VFW Post 3945, where he has been the Senior Vice Commander since 2011.

Captain Trenz joined the Air Force in 1968 and served in Vietnam. After returning from Vietnam, Trenz joined the City of Pittsburgh Bureau of Fire. He describes his time on the Rescue Squad, a specially trained group of experienced firefighters, as the most rewarding and busiest time in his 32 years as a firefighter.

Captain Trenz and other members of the Morningside VFW actively volunteer to serve wounded veterans in the Pittsburgh area. Every year, the VFW partners with the VA Hospital to host a fish rodeo, which helps wounded veterans enjoy fishing despite any limitations they may have due to their injuries. Trenz said that each year he is inspired "by the veterans who refuse to quit, regardless of the obstacles they face that day or any day."

Captain Trenz and his wife LaVerne (Tortorea) Trenz, have lived in Stanton Heights since 1974. Their two adult children, Kristen and John, still reside in the Pittsburgh area.

2015 Beneficiary

Captain Trenz has selected the Pittsburgh Fisher House to receive proceeds from this year's Mile. The Fisher House offers a "home away from home" for families to stay free of charge while their loved ones receive inpatient medical care at the nearby VA Pittsburgh Healthcare System on the University Drive campus.

The Fisher House provides 10 beautifully furnished bedrooms with a common kitchen, laundry facilities, spacious dining room, and an inviting living room with a library and toys for children.

5TH ANNUAL MORNINGSIDE ★ MILE Honoring Those Who Serve Saturday, September 12, 2015 9:00 a.m.

Registration Form

www.morningside-pa.org/run
412-874-7440 or run@morningside-pa.org

 [facebook.com/MorningsideMilePgh](https://www.facebook.com/MorningsideMilePgh)

 twitter.com/PghMile

Questions & Answers

Where does the race fun start? Jancey + Greenwood (near the front of Morningside Dental's Office)

Where does the race end? Heth's Field

What time should I be there on race day? The race starts at 9:00AM, but runners should be at the starting line by 8:30AM.

Can I register for the race after the deadline? Yes, but unfortunately those registering on or after September 6th are not guaranteed a t-shirt or race timing services. Race day registration is 7:30-8:00AM.

Is there a minimum age for younger runners/bike parade participants? No age limits! If they can complete the one-mile course (running, walking, strolling), they can absolutely participate. Remember though, as soon as they turn five, they will need to register.

Is there anything fun to do after the race? Yes, we are glad you asked! MACC hosts a Community Day immediately following the race, conveniently located at the finish line with activities for all ages!

What if I have a super sweet question that isn't answered here? Please email us at run@morningside-pa.org, or call/text us at 412.874.7440, and we will get back to you. Check Facebook and Twitter too!

Coming in July!

Date to be announced soon...
Comedy Night
7-10PM @ Morningside VFW

Mark Your Calendar!

Thursday, Sept 10, 2015
T-shirt Pick-Up
6-8PM @ Morningside VFW



**morningside area
community council**

Registration Information

Please complete and submit this household registration form along with your check or money order. Full information must be provided for one household contact - this individual must be over the age of 18 years, **but does not have to be participating**. Runner information must be completed for each person registering to run or walk in the event. If you have used all of the Runner Information spaces, please attach an additional form or page and include the requested information for any additional participants.

Category	Description	Registration Fee (Jul. 1-Sept.5, 2015)	Late Registration Fee (Sept. 6-12, 2015)
Adult	16 years of age and older	\$20.00	\$25.00
Child	Between 5 and 15 years of age*	\$10.00	\$15.00
Family	Up to two adults plus children living in one household	\$40.00	\$50.00
Family Dog	People- and dog-friendly dogs on leashes only	\$10.00	\$10.00
Bicycle	Children 15 and under	\$10.00	\$10.00

* Children less than 5 years of age do not need to register, but are welcome to join their family members in the Run.
** Those registering on or after September 7 are not guaranteed a T-shirt or race timing services.

Additional Competition for Those Who Serve

Active, reserve and veteran members of the military as well as local public safety employees will be recognized and their scores will be averaged to determine the fastest branch or department. Please enter your military branch or public safety department along with your other personal information. If you are a member of the military and work in public safety, please circle the team with which you would like to be included for the competition.

Canine Participants

The family dog can participate in the Morningside Mile! Each dog will receive a one-size-fits-most race bandana. Every dog must be leashed and a dog owner (18+ years old) must be registered and walk with each dog (one person per dog), no exceptions. Dog owners are responsible for the behavior and clean-up of their pet. Dogs will not receive a timing chip.

Bicycle Parade

Children 15 and under get to have their own kind of fun on the Morningside Mile course, starting right where the run begins, starting 10 minutes behind the people on foot. Imagine a ride through Morningside with no cars to spoil the ride! All participants will get fun doodads to decorate their bikes and a t-shirt to remember the day. Please don't forget to wear your helmet - no exceptions.



Submit this form with your payment

Primary Contact for Household:

First Name: _____ Last Name: _____
 Phone #: _____
 Email: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Have you participated in the Mile before? Let us know which years. 2014 2013 2012 2011

Runner Information:

Adult # 1

Full name: _____
 Birth date: _____
 Male: _____ Female: _____
 T-Shirt: S M L XL 2XL
 Military branch: _____
 Public safety department: _____

Child # 1

Full name: _____
 Birth date: _____
 Male: _____ Female: _____
 T-Shirt: CHOOSE Youth or Adult (please circle)
 Youth: S M L Adult: S M L XL 2XL
 I'll be riding my bike! Yes No

Dog # 1

Name: _____

Registration Fee Calculation

~ July 1 - September 5, 2015 ~

of Adult(s) _____ x \$20 = \$ _____
 # of Child(ren) _____ x \$10 = \$ _____
 Family Rate _____ x \$40 = \$ _____
 Family Dog _____ x \$10 = \$ _____
 Bicycle Parade _____ x \$10 = \$ _____

Adult # 2

Full name: _____
 Birth date: _____
 Male: _____ Female: _____
 T-Shirt: S M L XL 2XL
 Military branch: _____
 Public safety department: _____

Child # 2

Full name: _____
 Birth date: _____
 Male: _____ Female: _____
 T-Shirt: CHOOSE Youth or Adult (please circle)
 Youth: S M L Adult: S M L XL 2XL
 I'll be riding my bike! Yes No

Dog # 2

Name: _____

Late Registration Fee Calculation

~ September 6-12, 2015 ~

of Adult(s) _____ x \$25 = \$ _____
 # of Child(ren) _____ x \$15 = \$ _____
 Family Rate _____ x \$50 = \$ _____
 Family Dog _____ x \$10 = \$ _____
 Bicycle Parade _____ x \$10 = \$ _____

