



1st Annual 5K WALK/RUN FOR RAMONA Saturday May 30, 2009



Sponsored by:

The Youth Group of SS Peter & Paul Ukrainian Catholic Church Ambridge, Pa.
PROCEEDS BENEFIT THE UNITED CEREBRAL PALSY FOUNDATION

EVENT DESCRIPTION

Walk/Run for Ramona is a 5K fund raiser race and Cerebral Palsy Awareness event scheduled to be held at **Old Economy Park Baden, Pa.** The event will include members of the Wargula family, the youth group and the parish family of SS Peter and Paul Ukrainian Catholic Church.

GOALS

The goals of the Run/Walk for Ramona are:

- *Honor the memory of Ramona Wargula who touched the hearts of not only her family but also the parish family of SS Peter & Paul.
- *Promote awareness of the causes, effects and management of Cerebral Palsy.
- *Solicit and encourage strong community involvement to support research and improve the quality of life for persons with Cerebral Palsy.

PROCEEDS

Proceeds benefit the United Cerebral Palsy Foundation Pittsburgh

SILENT AUCTION

A silent auction will also be held during the event

REGISTRATION

Pre-register by May 23 \$15

Registration form available at www.sspeter-paul.org

Walk up Fee \$20

Register at the barn on Saturday May 30, 2009
9:45 A.M. to 10:45 A.M.

EVENT SCHEDULE – Saturday May 30, 2009

9:45 A.M. – 10:45 A.M. Race Day Registration

11:00 A.M. 5K Runner Start

11:05 A.M. 5K Walker Start

Race Awards Ceremony and Sponsor Recognition

Will begin 10 minutes after the last runner crosses the finish line.

RACE DAY PARKING

Park near the barn or the pool in Old Economy Park

RACE COURSE MAP

Course will be marked. Start/finish will be at the barn.

PRIZES/AWARDS

Prizes and awards will be given to the overall female winners, overall male winners and age bracket winners

Directions to Old Economy Park Baden, Pa. are in text form on page 3

Ramona Ann Wargula

Ramona Ann Wargula was born February 24, 2006 with a birth defect called esophageal atresia, meaning her esophagus and stomach were not connected. While undergoing surgery to put in a feeding tube, she suffered a sudden loss of oxygen to her brain, which resulted in a diagnosis of cerebral palsy.

After nearly six months at Children's Hospital of Pittsburgh, she came home to live with her parents and older brother Larry. She had weekly physical and occupational therapy to help her overcome the stiff muscle tone from CP, as well as to practice eating for the day when she would have her esophagus-stomach connection surgery.

Ramona enjoyed story hours at the library, watching her brother entertain her and looking at board books. She made many trips to Funtastica in Hopewell Township, where she would play on the mats.

Sadly, she developed pneumonia and left her family behind very suddenly on October 22, 2007, only two weeks after her younger brother John was born. Her memory is carried on by her brothers, parents and church family.



1st ANNUAL 5K
WALK/RUN FOR RAMONA
Saturday May 30, 2009

(one name per application, photo copies will be accepted) PLEASE PRINT INFORMATION BELOW

\$15 Entry Fee If Pre-registered by May 23rd

\$20 Entry Fee for Walk up Registrations Saturday, May 30

Registration Form available at www.sspeter-paul.org Return registration form and check to:
Saints Peter & Paul Ukrainian Catholic Church 404 6th Street Ambridge, Pa. 15003

Last Name _____ First Name _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ e-mail _____

Signature _____

Parent Signature if under 18 _____

Walk/Run for Ramona Total Enclosed _____ Please do not mail cash!
Payments may be made with a check made out to "SS Peter & Paul Ukrainian Catholic Church"

Waiver / Release

I hereby certify the following:

- (1) I am in adequate physical condition to participate in this event.
- (2) I am aware of and voluntarily assume the risks of participating in this event.
- (3) In consideration for my application to participate in the **Walk/Run for Ramona** being accepted, I, on behalf of myself, my heirs and assigns, and my estate, hereby waive and forever discharge the sponsors, organizers, affiliates, as well as their agents and employees, in particular SS Peter & Paul Ukrainian Catholic Church, from any and all claims that may accrue as a result of my participation.
- (4) I hereby grant SS Peter & Paul Ukrainian Catholic Church, specific permission to reproduce, publish, circulate, copyright and otherwise use any and all photographs and /or videotape of me and/or my family, taken at the **Walk/Run for Ramona** for use by SS Peter & Paul Ukrainian Catholic Church.

Signature Required

Must have signature of parent or guardian if under 18 years of age

DIRECTIONS:

(Directions are from Google. Some construction is ongoing at the entrance given on the map So these directions will take you to another entrance. It is less than five minutes longer.)

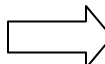
OLD ECONOMY PARK

5 Forcey Drive

Baden, Pa. 15005

From Pittsburgh:

Take route 65 N/Ohio River Blvd. approximately 15 miles

 **Turn right at 8th St/Pa. 989 go 0.4 mi**

After you turn right at this light, you will make the next turn at the 4th light onto Duss Ave.

 **Turn left at Duss Ave./Pa. 989 go 2.1 mi**

Continue to follow Duss Ave.

 **Turn right at Legionville Rd. go 2.0 mi**

The turn is just past Herr Voss Stamco and the school bus lot

 **Turn left at Ridge Road Ext. go 0.8 mi**

This turn is at the "T" in the road

 **Turn left into park**

 **Turn right at stop sign and proceed to the barn**

Park at the barn or pool parking lots

