

5th Annual Helene Cody Cranbury 5K Run/Walk

1 Mile Fun Run / Walk

Saturday, September 7, 2013



Categories: up to 10, 11-13, 14-16, 17-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 -79, 80 and up

Registration/ Packet Pick Up:
Cranbury Boy Scout Room
23A North Main Street
Cranbury, NJ 08512
 9/4 3:00-4:00
 9/5 3:00-4:00 and 6:30-7:30 pm
 9/6 3:00-4:00 and 6:30-7:30 pm



5K	Start Time 9:00 AM	Registration 7:30-8:30	Next to Fire House 2 Main St, Cranbury
Fun Run	Start Time 8:15 AM	Registration 7:30-8:00	



5K	\$20 online by 9/2	\$25 by mail by 9/2	\$30 after 9/2
USATF Members	\$18 online by 9/2	\$20 by mail by 9/2	\$28 after 9/2
Fun Run/Walk	\$15 online by 9/2	\$20 by mail by 9/2	\$20 after 9/2

Awards: 5K Run: Trophies for top 3 male and females; Top 3 male and females in each age group; 1st male and female from Cranbury; 1 Mile Fun Run/Walk: Top 3 male and females; T shirts provided to all registered runners/walkers while supplies last; Medals for all Fun Runners/Walkers; Refreshments, Prizes, DJ, Rita's Water Ice, Massage

Contact: helencody5k@gmail.com

Online Registration: www.raceforum.com/helencody/cranbury

Mail form and entry fee to: **Helene Cody 5K PO Box 641 Cranbury, NJ 08512.** Make checks payable to: **Helene Cody Foundation.** The Helene Cody Foundation seeks to inspire youth to volunteer, to better their communities and themselves.

Name _____ Male ___ Female ___ 5K Run/Walk ___ 1 Mile Fun Run/Walk ___

Address Street _____ City _____ State _____ Zip _____

Phone # _____ E-Mail _____

T Shirt Size Adult: S M L XL Youth: S M L Age on Race Day _____ DOB _____

Waiver/ Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Cranbury Township and any of their sponsors, staff, and volunteers for any and all injuries suffered by me as a result of participating in this event. I certify that I am in good physical condition for this event.

Signature _____ Date _____ USATF number _____
 (Signature of Parent or Guardian if under 18)

