

7th Annual Helene Cody Cranbury 5K Run/Walk

1 Mile Fun Run / Walk

Saturday, September 12, 2015



Enjoy refreshments, prizes, DJ, massages, t-shirts for all participants registering by 9/9, thereafter while supplies last. Celebrate Cranbury Day!

Registration/Package Pick Up:
Cranbury Boy Scout Room, 23A North Main Street, Cranbury 9/8 3:00-4:00 and 9/9 3:00-4:00 & 6:30-7:30

Pacers Princeton, 7 Palmer Square West, Princeton, NJ
9/8 6:00-8:00 pm



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

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



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; NEW Cash prizes for top three largest youth teams or organizations and largest corporate team or organization. Register by 7/31 for team name on shirt. 1 Mile Fun Run/Walk: Top 3 male and females; Medals for Fun Runners/Walkers.

Contact: helenecody5k@gmail.com

Online Registration *online fee applies: www.raceforum.com/helenecody/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 and is a 501(c)3 charity. For more information and to volunteer go to www.helenecody.com

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

Address Street _____ City _____ State _____ Zip _____

Phone # _____ E-Mail _____ Team (if applicable) _____

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

In consideration of accepting this entry for myself or the person that I am registering, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have arising out of this event, all towns/cities it occurs in, the event staging facilities, the organizer including Helene Cody Foundation and any sponsors or volunteers, as well as any person involved with this event, including the negligence of the organizer, sponsors or volunteers. I fully understand that I or the person I am responsible for will be subjected to roads and trails that may have uneven terrain, rocks, roots, and other obstacles. I, or the person I am responsible for, assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I certify that I, or the person I am responsible for, are medically able to perform this event, in good health, trained, physically fit, and have sufficiently prepared for this race. I hereby grant full permission for the event to use any photos, videos, or any other record of this event for any purpose whatsoever. Furthermore, I understand that my entry into this event is NON-REFUNDABLE and that no refunds will be issued regardless of reason, which includes even if the event is not held.



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