



**BOTH 5K & 10K!**

EVENT SPONSOR



**SPONSORS WELCOME**

[www.runthepalisades.org](http://www.runthepalisades.org)



Diabetes Foundation, Inc.  
 13 Sunflower Avenue  
 Paramus, NJ 07652  
 Phone: 201-444-0337  
 Fax: 201-444-5580  
 Email: [info@diabetesfoundationinc.org](mailto:info@diabetesfoundationinc.org)  
[www.diabetesfoundationinc.org](http://www.diabetesfoundationinc.org)

For Event Information Contact:



**PracticeHard.com**

908-245-3000  
[tears@practicehard.com](mailto:tears@practicehard.com)



# Run

the

# PALISADES

## 7th Annual 5K & 10K

Run / Walk

**PLUS**  
**KIDS FUN RUN**  
**SUNDAY, MAY 17, 2015**  
 CLIFFSIDE PARK & FORT LEE

[runthepalisades.org](http://runthepalisades.org)

to benefit the



The Diabetes Foundation, Inc.  
 is a 501(c)3 recognized charitable organization

**JOIN US** on a 5K Run or Walk; a 10K Run; or, a Kids Fun Run through Cliffside Park and Fort Lee to benefit the Diabetes Foundation – helping people throughout New Jersey.

**WHEN**

**Sunday, May 17, 2015**

- 8:00am- Registration & Check-In Opens
- 9:30am- Kids Fun Run on track
- 9:45am- Opening Remarks & Line Up for 5K
- **10:00am- 5K Race Start**  
(all walkers behind runners)
- 10:15am- Line up for 10K
- **10:30am- 10K Race Start**
- 11:00am- 5K Awards Ceremony
- 12:00pm- 10K Awards Ceremony

**WHERE**

**Cliffside Park High School**  
64 Riverview Avenue, Cliffside Park, NJ  
(see website for directions & parking)

**REGISTRATION OPTIONS**

- Online: [www.runthepalisades.org](http://www.runthepalisades.org)
- Mail Entry Form: Practice Hard  
253 W. Westfield Ave., Roselle Park, NJ 07204  
(Make checks payable to: Diabetes Foundation, Inc.)

**ENTRY FEES**

- 5K Run/Walk: \$25 (USATF-NJ Members \$22); (\$30 Day of Event)
- 10K Run: \$30 (USATF-NJ Members \$27); (\$35 Day of Event)
- Students: \$20 for either race (18 & under)
- Kids Fun Run: \$10 (12 & under)

**EVENTS**

**Kids Fun Run** – on the track for 12 & under  
**5 Kilometers (3.1 Miles)** – Run or Walk  
**10 Kilometers (6.2 Miles)** – Runners Only  
USATF Certified Courses –  
Offering 500 USATF-NJ Grand Prix points  
Baby joggers welcome, but please, no pets!

**AWARDS (5K & 10K)**

- Top 3 Overall M/F
- Top 3 M/F in 5 year age groups
- Top 3 Teams (co-ed)

**GREAT GOODY BAGS/ LOTS OF REFRESHMENTS**

**THE DIABETES FOUNDATION FOCUSES ON THESE MAIN AREAS:**

**MEDICAL ASSISTANCE:** The DFI provides diabetes medications and supplies to uninsured, underinsured, low-income people with diabetes, assuring that they are able to care for their diabetes while they secure more long-term aid from other sources. Bridging this gap and allowing the patient to be compliant with their medications helps avoid many of the complications associated with the disease and will reduce visits to emergency rooms and hospital stays, therefore, reducing healthcare costs. **The DFI is the only agency in New Jersey providing this short-term medical assistance to people with diabetes.**

**PATIENT SUPPORT SERVICES:** DFI staff, interns and volunteers connect with patients to provide educational information and resources for them to move forward, letting them know that they are not alone in the process. Follow up with patients receiving DFI assistance is critical to ensuring that long-term medication assistance is established before their medications run out.

**DIABETES PUBLIC EDUCATION:** The DFI provides up-to-date information on diabetes and its complications, helping patients gain a better understanding of how to achieve and maintain a healthier lifestyle. Led by healthcare professionals addressing prevention, nutrition, diet, exercise, and management of the disease, these no cost education programs and health expos are held in many areas throughout the state.

**CAMP SCHOLARSHIPS:** The DFI provides funding to send children in need from the tri-state area to Camp Neveda, a co-ed diabetes camp in Sussex County, NJ. The opportunity to spend time with peers, enjoy traditional camp activities and learn more about how to take care of their condition has an enormous positive impact on the lives of children with diabetes – a few weeks of not feeling “different” than anyone else.

**THE DIABETES FOUNDATION, INC. (DFI)**

is dedicated to improving the care and quality of life for children and adults with diabetes. The DFI was incorporated in 1990, to provide assistance to people with diabetes throughout the state of New Jersey. With diabetes now reaching epidemic proportions and the rate of obesity and diabetes in New Jersey among the highest in the nation, we serve a population that lives day-to-day with this serious chronic disorder.

Events for All

**Join us from 9:00 am - 12:30 pm**

Run the Palisades will also offer fun, educational and interactive activities for the whole family to enjoy before, during and after the race! These activities will help you gain the tools needed to live healthier each day, with or without diabetes!

■ **FREE Health Screenings and Body Treatments!**

Check your blood pressure, blood sugar, cholesterol, vision and more ~ Assess your risk for diabetes ~ Relieve those tired muscles after the race with a massage or hand treatment.

■ **Loads of Valuable Diabetes Information!!**

Know Your Risk \* Learn About Prevention \* Have Diabetes? Manage Your Disease

■ **Cooking Demos, Recipes, Healthy Snacks and Food Samples!**

Try some heart healthy, diabetes-friendly breads, smoothies and new snack ideas that taste great without the guilt!

■ **FREE Fitness Assessments, Health Club Passes and Contests!**

Learn your body mass index, test your strength with the latest fitness equipment, and compete in a fun beginner CrossFit competition for some great prizes!

**MAKE A REAL IMPACT!**  
.....  
**CREATE YOUR OWN FUNDRAISING PAGE!**  
OR  
**GET TOGETHER A TEAM!**

A cinch to set up, this handy pledge page makes it easy for family and friends to support your participation and help the DFI raise funds.

**VISIT: [www.runthepalisades.org](http://www.runthepalisades.org)**

Our Sponsors listing is shown on our website and is constantly being updated! Please patronize them.



**Register Online by 5/15: [www.runthepalisades.org](http://www.runthepalisades.org)**  
or send entry below by 5/11/2015 to

**Practice Hard/Run the Palisades**  
253 W. Westfield Ave.  
Roselle Park, NJ 07204  
(Make checks payable to: Diabetes Foundation, Inc.)

**Entry Fee: 5K Run/Walk: \$25 (USATF-NJ members \$22)**  
• \$30 Day of Event • **10K Run/Walk: \$30 (USATF-NJ members \$27)** • \$35 Day of Event • Students: \$20 for either race (18 and under) • **Kids Fun Run • \$10**

**Which Race:** (check one)  5K  10K  Kids Fun Run

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

AGE ON DAY OF RACE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

**Sex:**  M  F

EMAIL \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ 2015 USATF-NJ # \_\_\_\_\_

TEAM NAME (if applicable) \_\_\_\_\_

**T-Shirt Size: (check one)**

S  M  L  XL  XXL

**SHIRTS GUARANTEED TO PRE-REGISTRANTS; WHILE SUPPLIES LAST DAY OF EVENT - KIDS FUN RUN DOES NOT INCLUDE TEE SHIRT**

**Payment Method: (check one)**  Check Enclosed

AMEX  Visa  MasterCard  Discover

CARD NO \_\_\_\_\_ EXP. \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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 Diabetes Foundation Inc., Sports Action Reaction, LLC, Borough of Cliffside Park, Borough of Fort Lee, USA Track & Field and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in Run the Palisades events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the race officials' instructions/decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course; and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address I agree to receive emails regarding this or similar events by DFI/Sports A/R. I grant full permission to use any photos, video, recording, or other record of my attendance at this event for legitimate purposes without compensation or remuneration.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF PARENT IF UNDER 18: \_\_\_\_\_

PLEASE CUT ALONG DOTTED LINE