

Family Fun

Please join us for a morning of fun-filled activities as The Zachary Foundation presents their fifth annual walk/run. Come walk, run, roll or stroll on a paved course through residential roads as a participant in our 5K run (please note you will only be allowed to run the 5K), walkers must participate in the 1 Mile walk/run. There's ample parking, restrooms and all are wheelchair accessible. Free t-shirts are given to all pre-registered participants. Join us after the race for family fun.

Collect Sponsors and Win

Prizes will be awarded to the three (3) people who collect the highest amount of Sponsor Donations. All sponsor money is due by race day and must be turned in with a completed sponsor list attached.

Prizes to be awarded are as follows:

- Grand Prize:** DVD Player
- 1st Prize:** Apple iPod mini
- 2nd Prize:** \$50 Target Gift Card

In the event of a tie in the total amount collected, the President of The Zachary Foundation will randomly draw the winner's name for the prize.

Thank You!

Thank you to all of our participants, the Marlboro Police Department Safety Division, The Marlboro Township Recreation Department and our spirited walk/race committee.

Runners Awards

\$50 Cash Prize to the top Male and Female overall winners. In addition, we will recognize the fastest times in the following age groups for both male and female runners: 10 and under, 11-20, 21-30, and 31 and over.

Where Do Your Dollars Go?

The Zachary Foundation has contributed in excess of \$200,000 to Mitochondrial Disease Research. The Zachary Foundation will continue to donate to physicians and organizations that are engaged in research for Mitochondrial Disease and in particular Pyruvate Dehydrogenase Deficiency.

What is Mitochondrial Disease?

The mitochondria are the power plants in every cell, in every person's body. In people with mitochondrial disease, the mitochondria do not turn food into the much needed energy to fuel the organs or muscles in the body. The end result can often mean a severe failure of major organs, muscle groups and whole body systems. Life is compromised, altered or even ended. There is no proven treatment. There is no cure.

Pyruvate Dehydrogenase Deficiency is a rare form of mitochondrial disease whereby the body cannot convert sugar into energy. Imagine your child's birthday party without birthday cake or goody bags. Imagine taking your child out on Halloween and collecting candy, and then afterwards having to discard the candy because to him/her it would be like eating poison. There are no known cases of this disease where the affected person has lived past 20. Help us give Zachary a chance to beat that mark.

Can You Walk A Mile To Help



Save My Life?

THE ZACHARY FOUNDATION 5TH ANNUAL 5K RUN & 1 MILE RUN/WALK

SUNDAY
OCTOBER 18, 2009

8:00 AM

REGISTRATION

9:00AM

WALK BEGINS
(RAIN OR SHINE)

MARLBORO, NJ



benefiting UMDF and others

UMDF
Restoring Hope

UNITED MITOCHONDRIAL DISEASE FOUNDATION™

Donations Collected By:

Sponsor List	Amount Collected
0. <i>Sponsor's Name</i>	\$ 20
<i>Sponsor's Address</i>	
1.	\$
2.	\$
3.	\$
4.	\$
5.	\$
6.	\$
7.	\$
8.	\$
9.	\$
10.	\$
<input type="checkbox"/> <i>I cannot collect donations, but would like to make a personal donation of</i>	\$
Checks should be made payable to The Zachary Foundation. Please attach any additional sponsor lists if necessary. Sponsor money is due on the day of the event.	\$
Total	

Entry Fees

In order to participate, you must collect sponsorships at the minimum levels listed. Or if you prefer, make a donation in the amount of \$30 and off you go

Prizes will be awarded to the three people who collect the highest total amount of sponsor donations. You need not be a race participant or present to win!

The Zachary Foundation for Mitochondrial Disease Research, Inc. is a 501(c)(3) corporation as defined by the Internal Revenue Service, Tax ID# 20-1416860. All donations are tax deductible as allowed by law.

Run the 5k or walk/run the 1 Mile - the price is the same

Individual \$30
 Family \$100

Pre-Registration

Pre-Registration deadline is Wednesday, October 14, 2009. Make checks payable to The Zachary Foundation and mail, with your registration form, to:

The Zachary Foundation
PO Box 124
Marlboro, NJ 07746

www.thezacharyfoundation.org
732-385-7995

All pre-registered participants will receive a t-shirt.

Day of Event Registration

Will be held at the Marlboro Recreation Center, 1996 Recreation Way, Marlboro, N.J. 07746. **Registration times will be from 8:00AM to 9:15AM.** Day-of-event registrants will receive a t-shirt based on availability.

PLEASE RETURN THIS FORM ALONG WITH YOUR CHECK OR CREDIT CARD INFORMATION TO THE ZACHARY FOUNDATION BY OCTOBER 14, 2009

Participant #	Last Name	First Name	Age	PLEASE X EITHER		T-Shirt Size	
				5K Run	1 Mile Walk/Run	Youth XL	Adult XL
Participant #1							
Participant #2							
Participant #3							
Participant #4							
Participant #5							

Cut Here

Family Name	Telephone	Email
Address	Payment Type: Check Credit Card: VISA MC AmEx	CSV Code
City, State, Zip	Card #	Exp. Date
Signature of Card Holder		

Signature of participant or parent/guardian if child participants are under the age of 18
 For myself and my executors, I hereby release The Zachary Foundation, and Marlboro Township, all event sponsors and event volunteers and each of their respective officers, employees, successors and assigns from any and all claims and damages arising out of any injury or condition that I may suffer as a result of participating in this event. I grant full permission to use my name and likeness in any way the race directors or The Zachary Foundation see fit.