

5K for Healthy Babies

March of Dimes is celebrating Prematurity Awareness Month by holding the inaugural 5K for Healthy Babies! Join us to support our mission to help all babies be born healthy. March of Dimes is 501 (c) 3 non-profit organization.

WHEN:

November 12, 2011
7:30 am registration/packet pickup
9:00 am start
9:40 am Kids Race (children 12 and under)
9:45 am awards

WHERE:

Johnson Park
Grove 2
Johnson Park and River Rd
Piscataway, NJ 08854

REGISTRATION:

Pre-registration fee is \$25 (June 1-October 6)
Late and day of registration fee is \$30 (Oct 7-Nov 12)*
Kid's Race registration is \$10

*online registration closes on November 10
**Registration forms must be received by the March of Dimes office by November 10

AWARDS:

Top 3 over all male & female; top runner in each age group: 13-20 then 10 year increments from 20-80. No duplicate awards. All Kid's Race participants will receive an award.

AMENITIES:

Tee shirts to all registrants online or postmarked by October 6, and to all others while supplies last. Food and beverages will be available following the 5K

DIRECTIONS:

Available at marchofdimes.com/newjersey or <http://www.co.middlesex.nj.us/parksrecreation/johnson.asp>

RESTRICTIONS

No skates, strollers or head phones allowed on course. No pets allowed.

5K for Healthy Babies will be run on a certified course and will be officially timed.

Name _____ Gender M or F

Address _____ City, State, Zip _____

Email _____ Phone _____

Age on race day _____ Birthday _____ Preferred t-shirt size S M L XL

Payment information: Please make checks payable to the March of Dimes

For the safety of all participants and to satisfy insurance requirements, no skates, strollers, or animals are permitted. The use of headphones is strongly discouraged. REGISTRATION FEES Are NOT REFUNDABLE. In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with this race due to my participation in the race and for any possible cancellation or reschedule of the event due to dangerous conditions or unplanned circumstances. I release the March of Dimes, Middlesex County Parks Dept., race organizers, directors, volunteers, sponsors & their representatives, officers, agents & employees & successors from any claim by me and my family, estate, heirs, or assigns, for injury or damage which may occur due to my participation in the race. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that I am physically fit & qualified to participate in this race and I am at least 18 years of age (or have had this signed by my guardian, if I have not yet reached age 18).

Signature _____ Date _____

**Please return completed registration form and payment by November 10 to:
Kelly Witkowski, Senior Community Director
March of Dimes, 2400 Main Street , Suite 1, Sayreville, NJ 08872
phone: 732.952.9018 email: kwitkowski@marchofdimes.com fax: 732.952.9025**