

Join us for the 2nd annual  
5K for Healthy Babies as we run for  
stronger healthier babies!

5K for Healthy Babies supports our  
mission to help all babies be born  
healthy.

#### AMENITIES:

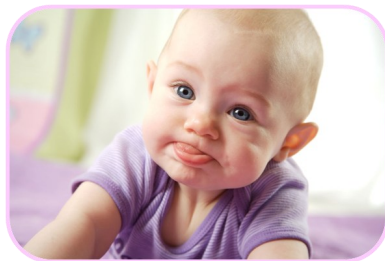
- Finish Line Reception
- Bibs for all runners

#### AWARDS:

- Top 3 overall male and female runners
- Top male & female runner in each age group
- All Kid's Race runners

#### KID'S RACE:

- Ages 12 and younger
- 50 yard dash
- Bibs for all runners



Follow us on Facebook at  
March of Dimes, New Jersey  
and Twitter @NJMarchforBabies

The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth and infant mortality. All proceeds benefit March of Dimes programs and research that help moms have full-term, healthy pregnancies and save babies' lives. The March of Dimes is a Federal 501-(C)-3 non-profit organization.

march  of dimes®  
run for babies

## 5K for Healthy Babies and Kid's Race



Running together  
for stronger, healthier babies!

September 23, 2012

Johnson Park  
(River Rd & Violet Dr)  
Piscataway, NJ

# REGISTRATION

Register online at  
[marchofdimes.com/newjersey](http://marchofdimes.com/newjersey)  
under calendar of events.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Birthday \_\_\_\_\_

Age on race day \_\_\_\_\_ Gender \_\_\_\_\_

Preferred t-shirt size\*   S     M     L     XL  

\*Participants who register and pay prior to August 1 will receive a t-shirt.

\_\_\_\_ Yes, my company has a matching gifts program

**WAIVER:** For the safety of all participants skates and animals are NOT permitted. Strollers and headphones are 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 rescheduling of the event due to dangerous conditions or unplanned circumstances. I release the March of Dimes, Middlesex County Parks Dept., Piscataway Township, 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).

I agree to the above waiver:

\_\_\_\_\_  
(Signature of participant or parent/guardian if participant is under the age of 18.)

# PAYMENT

- Registration fee is \$30
- Kid's Race registration fee is \$10
- Day of registration welcome

Please make checks payable to March of Dimes

Send registration form and payment to:  
**March of Dimes**  
**Attn: 5K for Healthy Babies**  
**2400 Main Street, Suite 1**  
**Sayreville, NJ 08872**

## How your donations help



# INFORMATION

## WHEN:

- September 23, 2012
- 7:30 am registration/packet pickup opens
- 9:00 am start
- 9:40 am Kids Race (children 12 and under)
- Awards to follow

## WHERE:

- Johnson Park, Grove 4
- River Rd and Violet Dr, Piscataway, NJ

## COURSE:

- USATF Course # NJ11550JHP
- Timing provided by Best Race

## DIRECTIONS:

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

## RESTRICTIONS:

No skates allowed on course. Strollers and headphones are discouraged. No pets allowed.

## QUESTIONS?

Contact Kelly Witkowski at 732-952-9018 or [kwitkowski@marchofdimes.com](mailto:kwitkowski@marchofdimes.com)

5K for Healthy Babies is rain or shine.