

ELIJAH'S PROMISE RACE AGAINST HUNGER!



5K RUN | 1-MILE FAMILY WALK | CHILI COOKOFF

Saturday, November 11, 2017 ~ Rain or Shine ~
Proceeds Support Serving Meals at the Elijah's Promise Community Soup Kitchen

LOCATION: Johnson Park, Piscataway (Enter on Violet Drive from River Road)

TIME: 9am to 10am Check-in & Entertainment

10am to 11:30 am 5K Run, 1-Mile Family Fun Walk, Chili Cook-Off, Awards, DJ and Entertainment

COST: Adult Run/Walk Pre-Registration- \$30 (Includes t-shirt) Ages 15 and older

Student Run/Walk Pre-Registration \$25 Ages 15-21

Youth Run/Walk Pre-Registration- \$15 (Includes t-shirt) Ages 8-14

Kids Walk **Only** - FREE (Does not include t-shirt) Ages 7 and under

REG AFTER OCT 31: Adults & Students (Ages 15+) - \$35 | Youth (Ages 8-14) - \$20 | Kids Walk Free (7 & Under)

PRIZES: Medals for the Top Runners! Timing by Bestrace.com

Register or donate online at www.elijahspromise.org

Questions? Email michelle.wilson@elijahspromise.org | (732) 545-9002 ext. 126



Circle One: **5K Timed Race** OR **Family Fun Walk**

(5K Runners must be 8 years of age and over to participate)

Please Circle: Male Female

Last Name: _____

First Name: _____

Street Address: _____

City: _____

State: _____

Zip Code: _____

Phone #: _____

Email: _____

Race Day Age: _____

T-Shirt Size - Circle One

(Sizes are not guaranteed)

Adult: Small Medium Large XL 2XL 3XL

Youth: Small Medium

Waiver of Liability

I know that running is potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including but not limited to falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release Elijah's Promise, the city of Piscataway, NJ, Best Racing Systems and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also give permission for the use, without fee, of my name and picture in any broadcast, telecast or print media account of this event for publicity and promotional purposes.

Parental consent is required for those under 18 years of age.

Signature: _____

Date: _____

Parent or Guardian Signature: _____

Date: _____