



Join us for a day of family FUN!

The Dora Dash (fun run for kids)

10:00 am

Kids in age groups 4-6 yrs. and 7-10 yrs. are invited to participate in a marked course run around the grounds of NCS. Each child participant will receive an honorary medal for their achievement!

Family Fun Day

10:00 am - 3:00 pm

A day of fun and amusement for the whole family! 4 AMAZING INFLATABLES for young and older children including: Bungee Sports Challenge • Rat Race Obstacle Course • Giant Slide • Bounce Castle

- Competitive Family Games
- Sports Challenge (for ages 5 through adult)
- Carnival Games
- Kids Prizes
- Face Painting & Hair Braiding
- Merry Go Round
- Food Concessions

Admission \$10 per child (Ages 4-14)

(3 yrs. and under, 15 yrs. and older are FREE)

Family Fun Day tickets may be purchased on the day of event, beginning at 9:45 am (admission not payable in advance).

Per child admission includes The Dora Dash (applicable age groups only), and Family Fun Day activities. Food concessions are not included.



Dora's Story

Dora (Pignaloso) Pedersen loved to run. In fact, she enjoyed all sports. Dora especially excelled in cross-country and basketball at Voorhees High School and Kings College. She competed in many 5k's, 1/2 Marathons and even the Atlantic City Marathon. Dora was a great match for her husband, Erik, who was equal to her in their shared passion for athletics.

Dora was also a physical education teacher, finishing her teaching career at Northwest Christian School. She always encouraged her students to be active, and to do their best with the abilities given to them. Being healthy through exercise and good eating habits were very important aspects of her life. It was very difficult when ovarian cancer sidelined Dora from teaching, running, walking, and all of the other physical activities she loved so much.

On December 29th, 2009, just four days shy of her 45th birthday, Dora completed the racecourse that the Lord had set for her. This wasn't a 5k or even a marathon, but it was the race of life. Her life was lived to honor and serve the Lord, even if that included suffering with cancer. Dora fought hard and persevered for 6 1/2 years - through surgery, chemotherapy, transfusions, pain and discouragement. It was a long and difficult struggle. Through it all, however, Dora never lost sight of the finish line. She always knew who was running alongside of her - sometimes even carrying her - through the course of life.

As the author of Hebrews states "... Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out before us. Let us fix our eyes on Jesus, the author and perfecter of our faith..."

Dora wanted her life to count and be an encouragement to those she came in contact with. She wanted others to know of her relationship with the Lord and how He gave her the strength and peace to persevere, even through the most difficult and painful times in life. Dora was an inspiration to all who knew her, so this 5k is being run in memory of a wonderful mother, wife, sister and friend.



Run with Perseverance

Run/walk along the flattest & fastest USATF certified 5k around.

A daylong event for the whole family!

**Hosted on the campus of
NORTHWEST CHRISTIAN SCHOOL**

Saturday, May 12, 2012

8:00 am • The Dora Pedersen 5k (run/walk) followed by Awards Ceremony 9:30 am

10:00 am – 3:00 pm • The Dora Dash (fun run for kids) followed by **Family Fun Day**

Register as a 5k team –or– individual participant





Run with Perseverance

Saturday, May 12, 2012

NORTHWEST CHRISTIAN SCHOOL

92 Rt. 519 (Newton Halsey Rd)
Newton, NJ 07860

Register, course map & directions online at
www.ncsnj.org

No additional online registration fees apply.

For more information, call 973-383-9713
or email questions to

dorapedersen5k@yahoo.com

\$22 5k Early Registration (until April 21st)

\$26 5k Registration (through May 11th)

\$30 5k Race Day Registration (May 12th)

Team Registration deadline May 7th

2012 USATF-NJ Athletes save \$2



Race timing by
BEST Racing Systems

Schedule of Events

Early Race Packet Pickup

Friday, May 11th
4:00 pm – 7:00 pm in NCS gymnasium

6:30 am – 7:45 am

Same-day registration
& packet pickup for all participants
in NCS gymnasium

8:00 am

The Dora Pedersen 5k (run/walk)

9:30 am approx.

Awards Ceremony
See website for award details.

10:00 am – 3:00 pm

Dora Dash (fun run for kids)
followed by Family Fun Day

**5k runners/walkers receive a t-shirt &
goody bag while supplies last!**

**No pets allowed on the premises.
Event held rain or shine.**

Thank you to our premier sponsors.



The Dora Pedersen 5k Registration Form (ONLY 1 REGISTRANT PER FORM)

BIB #: _____

Age on race day: _____ Male Female

Adult Shirt Size (circle one): S M L XL XXL

Last Name: _____

First Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Telephone #: () - _____

Email: _____

2012 USATF-NJ#: _____

Grand Prix Scoring (only est. finish time): _____

Co-Ed Race Team Name (Minimum 5 people, deadline 5/7/12):

Race Team Captain: _____

Amount Enclosed: Cash: _____

Check Amount: _____ Check #: _____

**Checks payable to: NCS PTF and send to
Northwest Christian School c/o 5k Run
92 Route 519, Newton, NJ 07860**

Service fee of \$10.00 will be incurred for returned checks.

In consideration of your acceptance in the Dora Pedersen 5k & Family Fun Day, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administration, waive and release any and all rights and claims for damages, and hold harmless, any sponsoring organization (Northwest Christian School, NCS PTF, Township of Newton, Sussex County, and co-sponsors, their representatives, successors, agents, servants or employees, and assignees) for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to Northwest Christian School, NCS PTF to use photos that may include myself for promotion and publicity; and understand that if the Race cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.

Participant signature:

_____ Date: _____

Parent/Guardian signature (if under 18):

_____ Date: _____