

Official Entry Form – Get Up and Run 5K-

Mail Check to: New Mercy Community Church (PO Box 165 Teaneck NJ 07666)

Date: Saturday, September 17th 2011

Time: 8:30am, Check in 7:30am

Location: Palisades Interstate Park– Undercliff Picnic Area
Henry Hudson Drive, Fort Lee, NJ 07024

Registration Fee: \$35 per person, \$10 child, \$150 per team of 5

Prizes: Medals, Fastest time male and female (Top 3 places)
Fastest team (Top 2 teams)
Fastest family (Top team)
Most pledge raised (1 person)

More info: www.newmercy.cc/5K

Contact: Jina Kim, miss.jinakim@gmail.com



THE CAUSE Why are we running? Project SOMALIA!

The cause is really the heart beat of our 5 K this year. The word “cause” has been thrown around by many as a badge of honor for an issue someone is championing or upholding, but we want to emphasize that this is not a “cause” in that sense, but a response. As Christians, mothers, fathers, sons, daughters and as people, we want and need to respond to a crisis that is happening now.

And the crisis (alas, another word that is overused to the point of meaningless) is this:

Over 11 million people are in need of emergency assistance. (To bring that into contemporary perspective- most people have around 500 facebook friends. Imagine ALL of your facebook friends plus 22,000 people’s facebook friends are ALL in need of emergency assistance. It is sad that this probably makes us visualize better.)

Famine has been officially declared in five regions of Somalia and the UN expects the famine to spread across all regions within two months. Somalia currently has the highest malnutrition level in the world today with malnutrition rates at more than 50 percent

And of course, these statistics do not come from a vacuum and is further complicated by the political situation. Most of Somalia is under the control of a terrorist organization called Al-Shabbab and the group is intensifying the crisis by raising food prices, being reluctant and opposed to receiving Western aid and blocking Somalians from leaving the region. Still, around 600,000 Somalians are fleeing to the neighboring countries of Ethiopia and Kenya, but the food and water scarcity has affected the people there as well. The refugee camps within these countries are quickly becoming dangerously overcrowded. These Somalians, especially children, tired from their long walk with their already weakened bodies, are in the brink of starvation.

Last Name: _____ First Name: _____ Gender M/F

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

OFFICIAL WAIVER

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against New Mercy Community Church and volunteers, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in good physical condition for this event.

Signature _____ Parent Signature (under18) _____