



13th Annual Flag Day 5K & 1 Mile Walk

June 12, 2014 7:00 PM

Taking strides to end homelessness among veterans
Rain Date: June 19, 2014

Online Registration:

www.communityhope-nj.org/events.5krun.php
www.bestrace.com

Entry Fees - Non-Refundable:

5K Pre-Registration until June 11th - \$25
Race Day Registration - \$30
\$3 Discount for USATF-NJ Members until June 11th
1 Mile Walk - \$10

Course

USATF certified/sanctioned event
NJ Grand Prix 500 Points
Flat & fast, water stops on course & finish

Location:

Lyons VA Campus
151 Knollcroft Road, Lyons, NJ
In Bernards Township NJ

Schedule:

Packet Pick-Up June 12th - 6:00 PM
Race & Walk Start: 7:00PM

Computer Timing: Best Racing Systems
Results Posted at: www.bestrace.com

Awards

1st, 2nd & 3rd Overall Male/Female
1st, 2nd & 3rd in 5 year age groups 10 & under, 11-84, 85+
1st, 2nd, and 3rd Overall Teams



Sponsored By:



**SOMERSET
HILLS YMCA**

T-Shirts to all pre-registered 5K runners, others while supplies last.
Official Entry Form – Pre-registration ends June 11, 2014

Make checks payable to: **Community Hope, Inc.**
Mail check & entry form to: Wendy Huelsenbeck
Community Hope, 199 Pomeroy Road, Parsippany, NJ 07054
or hand deliver forms to the front desk at the Somerset Hills YMCA

All proceeds benefit the Hope for Veterans® programs for homeless veterans.

Last Name _____ First Name _____ Email _____

Address _____ City _____ State _____ Zip _____

DOB _____ T- Shirt Size S M L XL Sex M F USATF- NJ # _____ 5K _____ 1 Mile Walk _____

Team Name _____ Captain _____

Runners/Walker and Teams raising \$1,000 or more by May 9th will be listed on the Runners' Shirts.

Please read carefully and sign Release and Waiver of Liability: I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release Community Hope, all race volunteers and all sponsors, their representatives, employees and successors from any and all claims and liabilities of any kind arising out of my participation in this event or carelessness of the person named in this waiver. Furthermore, I grant to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (if over 18) _____ Date _____

Parent or Guardian Signature (if under 18) _____



For more information contact Wendy Huelsenbeck
at whuelsenbeck@communityhope-nj.org





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Community Hope Wellness Committee's

"Healthy Walkers" is forming a team to participate in the 1 Mile Fun Walk at the Lyons VA Campus 151 Knollcroft Road, in Bernards Township, NJ
Registration is free.

Please return the registration form to Terry Carlson R.N. by June 6th, 2014

If you wish to complete the 5k, you must find a volunteer to accompany you.

Sponsored By:



T-Shirts to all pre-registered 5K runners and walkers, others while supplies last.

All proceeds benefit Community Hope's Hope for Veterans Transitional Housing Program® for homeless veterans.



Last Name _____ First Name _____ Email _____

Address _____ City _____ State _____ Zip _____

DOB _____ T- Shirt Size S M L XL Sex M F USATF- NJ # _____ 5K _____ 1 Mile Run _____

Team Name _____ Healthy Walkers _____ Captain _____ Terry Carlson _____

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