



Walk for Wishes

To benefit the
Make-A-Wish Foundation of New Jersey



5K Run/Walk

Sunday, October 17, 2010

(Rain or Shine)

Location: Liberty State Park
200 Audrey Zapp Drive, Jersey City, NJ, 07305

Schedule: 8:30AM—Registration in the NJRCC Terminal
10:00AM—5K Run Start
10:05AM—3 Mile Walk Start

Fees: 5K Run: Pre-registration \$20 by 10/11/10
USATF-NJ Member \$18 by 10/11/10
After 10/11 & Day of \$25
Walk: No fee to register. Each walker is encouraged to raise \$125 to receive a walk T-shirt

5K Awards: 1st, 2nd, 3rd Overall Male & Female
Top M/F in Ages: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Older

Course: USATF Certified & Sanctioned Course
New Jersey Grand Prix Event — 500 Points
Beautiful flat course along the Hudson River on Liberty Walk. Views of Statue of Liberty & NYC skyline.
Mile Clocks & Water Stops

Amenities: T-Shirts for all pre-registered runners. T-shirts on event day while they last.
Pre-Race breakfast, refreshments, music, face painting, children's activities & more!

Registration: Online at www.walkforwishesnj.org
By mail to: 1034 Salem Road, Union, NJ 07083

Race Results: Best Racing Systems www.bestrace.com

Contact: Kim Puleo, Director of Special Events at the Make-A-Wish Foundation of New Jersey
kpuleo@wishnj.org or 800-252-9474

Name: _____ Age: _____ M/F: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Walker: _____ Runner: _____ T-Shirt Size—Youth: S M Adult: S M L XL XXL

Please accept my registration for the 2010 5K/Walk for Wishes. I hereby state that my physical condition is sufficient to safely complete this 5K/Walk. I, for myself, my executors, administrators, and assignees, do hereby release and discharge the Make-A-Wish Foundation of New Jersey, its officials, sponsors and volunteers and USATF from damage or injuries occasioned by my participation in this event. Also authorize the use of any photographs, videotape and/or quotations from me taken during the event for any and all purposes. I certify that I have read all terms and conditions of this release and do intend to be legally bound thereby.

Signature (if under 18, parent/guardian must sign) _____

To benefit:

