

ROCK ON! WALKATHON & 5K ROCK N' RUN

love hope strength foundation 2008 5K Rock n' Run & Rock On! Walkathon Saturday, September 6, 2008 Nomahegan Park • Cranford, NJ

Support children with cancer and blood disorders in NJ and global cancer centers

Date

Saturday, September 6, 2008

Location

Nomahegan Park • Cranford, NJ

Schedule

Registration/Packet Pick-up 7:30 am
5K Rock n' Run 9:00 am
Rock On! Walkathon (2 Mile) 9:15 am

Entry Fees

5K FEES:

By September 1 \$18.00
\$16.00 USATF

After September 1
& on race day \$20.00

WALKATHON: For info and to request a brochure,
please visit www.UCllovehopestrength.com or call
732.381.0318

Registration

By mail or online at www.UCllovehopestrength.com

5K Course

USATF certified on paved park paths and local
roads. Mile clocks, 2 water stops.

5K Awards

1, 2, 3 overall, male & female
1, 2, 3 in each age group, male & female

5K Age Groups

5 Years: 14 & under to 75 & over

Information

www.ucmusicfest.com
www.UCllovehopestrength.com
www.OYMP.net • 732.381.0318

Scoring

www.compuscore.com

Amenities

Rock On! Custom T-shirt (to all pre-registrants and post
registrants while supplies last), Super refreshments, Random
prizes, Music, Music, Music



www.lovehopestrength.org www.thevaleriefund.org



Rain or Shine



www.OYMP.net

Sponsored by



Brazilian Steakhouse & Sushi



Checks payable to UCLHS and mail to
U. C. Love Hope Strength
221 Sherman Avenue • Suite 137 • Berkeley
Heights, NJ 07922

ENTRY FEES (please check)

- 5K - \$18 (\$16 USATF) - by September 1
 5K - \$20 after September 1 and on race day
 I can't participate, but here is
my donation of \$ _____

ADULT T-SHIRT SIZES S M L XL

Race Entry Fee \$ _____
Tax Deductible Donation \$ _____
Total Amount Enclosed \$ _____

last name _____ first name _____

street _____ city _____

state _____ zip _____ phone _____

date of birth _____ age on race day _____ 2008 USATF# _____

email _____ sex _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any
claims I may have against the Love Hope Strength Foundation, U. C. Love Hope Strength, County of Union, Union County College, Township of
Cranford, On Your Mark Productions and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the 5K
Rock n' Run & Walkathon for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to
participate in this event.

signature (parent or guardian if participant is under 18) _____ date _____



ALL MUST SIGN THE WAIVER!