

Family & Friends for Freedom Fund Inc.

Wounded Heroes

5K Run/Walk

Saturday, September 13, 2008

Mountain Lakes, NJ



Description: 5K run/walk through scenic residential area

Why: To benefit injured military men and women returning from overseas

When: Saturday, September 13, 2008

Time: Race starts @ 9am; registration starts @ 7:30am

Where: St. Catherine's Church, corner of Pocono Rd. & Boulevard, Mountain Lakes, NJ

Contact: (973) 897-2237

Amenities: T-shirts, refreshments, music

Awards: Top 3 overall Male & Female runners;

Male & Female runners in age groups:

9 and under; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

Registration: By Mail - FFFF, 78 Mountain Ave, Pompton Plains, NJ 07444

Online - www.injuredmarinesfund.org or www.compuscore.com or www.raceforum.com/WoundedHeroes

Entry Fees: USATF \$16; others \$18; \$20 after September 6th & day of Race



Wounded Heroes 5K Run/Walk

Last Name

First Name

Date of Birth/Age

USATF-NJ#

Street Address

Town/City

State/Zip

Phone

Email

Team/Group

Circle Shirt Size
Sm, Med, Lg, XL

Amount enclosed \$ _____ (Make checks payable to Family & Friends for Freedom Fund, Inc.)

Waiver/Release: I know that running a road race is a potentially hazardous activity. I should NOT ENTER and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with this event included but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. In consideration for my entry I do hereby for myself, and anyone whose behalf I am entitled to act on, waive and release Family and Friends for Freedom Fund, Inc., the Borough of Mountain Lakes, all affiliates, volunteers, sponsors, agents and representatives or assignors for any and all damages sustained and suffered by my connection with my association or entry in this race.

Signature of participant or legal guardian if participant under 18 years old

Date