



3rd Annual Limbs in Motion 5K Run/1 Mile Walk

October 23, 2010
Veteran's Park
Hamilton NJ

Walking Tall Charities Inc. is a non-profit organization founded in 2007 to assist uninsured and under-insured amputees in obtaining a prosthesis to walk or run again. These limbs can cost \$10,000-\$50,000 & are not always covered by health insurance. Visit <http://www.walkingtallcharities.org> or e-mail limbs.in.motion@gmail.com for more information.

Location: Veteran's Park: 2206 Kuser Road Hamilton,Nj 08690

Schedule:

8:00 AM-9:15 AM: Registration at the Games Pavilion
9:30 AM: 1 Mile Fun Walk
10:00AM: 5K Run
Awards Ceremony: Following 5K Race



Race Fees:

Pre-Registration: \$20 (USATF-NJ members \$18)
Race day Registration: \$25
1-mile Fun Walk: \$18
Kids 13 & under: Free

Course: The USATF-NJ sanctioned course is mostly flat with a few hills & water stops.

T-Shirts: To all who pre-register by October 10, 2009. Post-entries while supplies last.

Award Age Divisions: 5K Run (1st-3rd Male and Female, 1-3 Overall Challenged Division)
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Fundraising: \$100 to highest fundraiser

Amenities: T-Shirt & goodie bag to all pre-registrants, snacks & drinks

Timing provided by Baldasari & Leestma Race Management; www.bandlracetiming.com
Scoring provided by Compuscore; www.compuscore.com



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Register Online: www.active.com or www.practicehard.com

Register by mail: Stacey Halvorsen, 2219 Old York Road, Bordentown, NJ 08505

Checks Payable to: "Walking Tall Charities"

Last Name _____ First Name _____

Street Address: _____

City _____ State _____ Zip _____ Gender _____

Phone _____ DOB _____ Age (on race day) _____

USATF-NJ# (if applicable) _____

Tshirt (circle one)
Sm Med Lrg

XL XXL

Check One
 5K Run
 5K Walk
 1 mile Fun Walk

Are you a challenged athlete? No Yes If yes, what is your disability? _____

Waiver: I hereby certify that I am fit to run/walk this race. I assume all risks associated with running/walking in this event including, but not limited to, contact with other participants, falls, the effects of the weather, including high heat and humidity, traffic, the conditions of the course, roads and trails and such risks being known and appreciated by me. Having read this waiver, I waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against Walking Tall Charities, Inc. and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will allow my picture and name to be used in publications as a result of this race.

Signature (parent/guardian signature if under 18) _____ Date _____