

U.C. Love Hope Strength  
1253 Springfield Avenue  
New Providence, NJ 07974

HELP Support children with cancer and blood disorders,  
global cancer care, and bone marrow registration.

# ROCK ON! WALKATHON & 5K ROCK 'N RUN

September 11, 2010  
Oak Ridge Park, Clark, NJ

love hope strength foundation



# ROCK ON! WALKATHON & 5K ROCK 'N RUN

## Date

Saturday, September 11, 2010 • Rain or Shine

## Location

Oak Ridge Park, Clark, NJ

## Schedule

7:30am Registration/Packet Pick-up

9:00am 5K Rock 'n Run

9:15 am Rock On! Walkathon (2 miles)

## 5K Rock 'n Run Entry Fee

\$18.00 By September 6 (\$16.00 USATF)

\$20.00 After September 6 & on race day

## 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 80 & over

## Scoring

compuscore.com

## 5K Registration

By mail or online at OYMP.net

## Rock On! Walkathon Registration (No Fee)

By mail or online at [UClovehopenstrength.com](http://UClovehopenstrength.com)  
or call 908.902.8587. A Walkathon packet will be mailed to all Walk registrants.

## Information

[ucmusicfest.com](http://ucmusicfest.com)

[UClovehopenstrength.com](http://UClovehopenstrength.com)

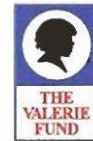
OYMP.net • 908.902.8587

## Amenities for All Participants

- Rock On! Custom t-shirts to all pre-registrants and to post-registrants while supplies last
- Super refreshments
- Random prizes
- Music, Music, Music



Love Hope Strength  
Foundation  
PO Box 13290  
Denver, CO 80201  
720.379.7013 phone  
303.648.5609 fax  
[lovehopenstrength.org](http://lovehopenstrength.org)



The Valerie Fund  
2101 Millburn Ave  
Maplewood, NJ 07040  
973.761.0422 phone  
973.761.6792 fax  
[thevaleriefund.org](http://thevaleriefund.org)



MusicFest 2010  
County Freeholder's Office  
Elizabethtown Plaza  
Elizabeth, NJ 07207  
908.436.2900  
[info@ucnj.org](mailto:info@ucnj.org)  
[ucmusicfest.com](http://ucmusicfest.com)

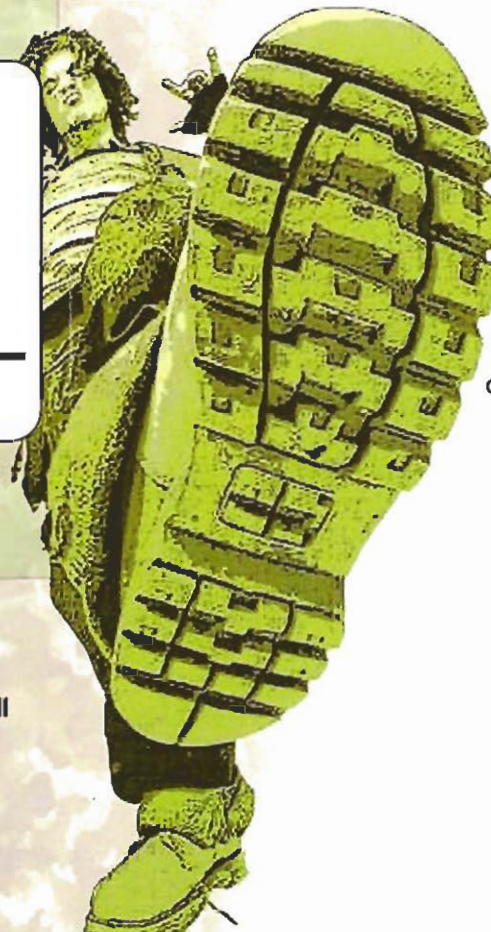


OYMPnet

Sponsored by



800.444.7468



# ROCK ON! WALKATHON & 5K ROCK 'N RUN

## Who Benefits?

### The Love Hope Strength Foundation

LHSF is an international, music-centric cancer charity dedicated to providing support for cancer centers, and inspiration to those affected, throughout the world. The mission is to save lives, right now, with the advances that have already been made in cancer care.

LHSF was co-founded by leukemia survivors Mike Peters of the Welsh rock band The Alarm and President of CSI Entertainment James Chippendale who believe that awareness, early detection and proper treatment should not be a luxury. They wanted a means to ensure that all people, throughout the world, have access to the same resources that saved their lives.

LHS has performed concerts on 6 continents in just two year's time. Mike and James led musical pilgrimages to remote venues such as the base camp of Mt. Everest, the Inca ruins of Machu



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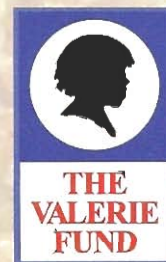
To register online for the 5K Rock 'n Run or to request Walkathon information, please visit [UClovehopestrength.com](http://UClovehopestrength.com).

Picchu, and the glacier of Kilimanjaro. And they have left funding, equipment and hope in their wake. LHSF expanded its reach by conducting bone marrow drives at music festivals in the U.S., finding matches that will save lives. To date, this effort has added over 4,500 people to the national marrow database. [www.lovehopestrength.org](http://www.lovehopestrength.org)

### The Valerie Fund

The Valerie Fund is a local not-for-profit organization established in 1976 in memory of Valerie Goldstein by her parents. The Valerie Fund's mission is to provide support for the comprehensive health of children with cancer and blood disorders.

With its origins in New Jersey, today there are seven Valerie Fund Children's Centers for Cancer and Blood Disorders in major hospitals in the tri-state area, providing caring and comprehensive health care to approximately 5,000 children and their families each year. [www.thevaleriefund.org](http://www.thevaleriefund.org)



## Directions

**Garden State Parkway Northbound:** Exit 135. Stay to right and bear right onto Brant Avenue. Left at light onto Westfield Avenue. Right at light onto Madison Hill Road. Left at light onto Raritan Road. Go through one traffic light. Oak Ridge Park is on the right.

**Garden State Parkway Southbound:** Exit 135.

Bear right off of exit onto Central Avenue. Left at light onto Raritan Road. Go through 4 lights. Oak Ridge Park is on the right.

**From Lake Avenue (Scotch Plains):** Head east. Right turn onto Oak Ridge Road. Park is on the right.

**From Lake Avenue (Rahway):** Head west. Left turn onto Oak Ridge Road. Park is on the right.

# ROCK ON! WALKATHON & 5K ROCK 'N RUN

## ENTRY FORM 2010 5K Rock 'n Run & Rock On! Walkathon

### One Entry Form Per Person

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Sex \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age on Race Day \_\_\_\_\_

E-mail \_\_\_\_\_

2010 USATF # \_\_\_\_\_

**Saturday, Sept. 11, 2010  
Oak Ridge Park  
Clark, New Jersey**

### Waiver Release

In consideration of this entry form being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims I may have against the Love Hope Strength Foundation, U.C. Love Hope Strength, County of Union, Clark Township, On Your Mark Productions, and all parties, groups, organizations, volunteers, sponsors, and (or) 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.

### All Participants Must Sign this Waiver

Signature \_\_\_\_\_

(parent or guardian must sign if participant is under 18)

Specify Adult T-Shirt Size

S  M  L  XL

### EVENT ENTERED (Please check)

5K Run  2 Mile Walk (No Fee)

### ENTRY FEES - 5K ONLY (Please check)

5K - \$18 (\$16 USATF) - by September 6  
 5K - \$20 after September 6 and on race day  
 I can't participate, but here is my  
donation of \$ \_\_\_\_\_

Race Entry Fee \$ \_\_\_\_\_

Tax Deductible Donation \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

**Make checks payable to UCLHS**

**Mail to: Will to Win**

**2411 Rt. 563**

**Egg Harbor City, NJ 08215**