

3rd Annual Helene Cody Cranbury 5K And 1 Mile Fun Run Saturday, September 10, 2011



Categories: 10 and under, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 -79, 80 and older
For Questions and Race Information
Contact: helenecody5k@gmail.com

Early Registration and Packet Pick Up:
Cranbury Boy Scout Room
23A North Main Street
Cranbury, NJ 08512
9/6- 2:30-4:00
9/7 2:30-4:00,
9/8 2:30-4:00 and 7-8 pm
9/9 2:30-4 :00



5K	Start Time 9:00 AM	Registration 7:30-8:30	Next to Fire House 2 Main St, Cranbury
Fun Run	Start Time 8:15AM	Registration 7:30-8:00	



5K	\$20 by Aug 27	\$25 after Aug 27
USATF Members	\$18 by Aug 27	\$20 after Aug 27
1 Mile Fun Run	\$15 by Aug 27	\$20 after Aug 27

**HELENE CODY
FOUNDATION**

Awards: 5K Run: Trophies for top 3 male and female finishers; Trophies for top 3 male and females in each age group;

Trophies for first male and female Cranbury Residents; 1 Mile Fun run: Trophies for top 3 boys and girls; Team Awards: Trophy to team with the most participants; Trophy to fastest team, based on 4 fastest runners. T shirts will be provided to all registered runners and while supplies last. Medals awarded to all Fun Runners. Refreshments, Prizes, DJ - after race

Mail form and entry fee to: **Helene Cody 5K PO Box 641 Cranbury, NJ 08512. Make checks payable to: Helene Cody Foundation. The Helene Cody Foundation seeks to inspire youth to volunteer, to better their communities and themselves.**

Name _____ Male ___ Female ___ 5K ___ 1 Mile Fun Run ___

Address _____ Age on Race Day _____ DOB _____

Team Entry _____ T Shirt Size: S M L XL Youth: S M L

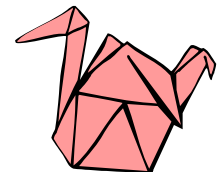
Phone # _____ E-Mail _____

Please contact me. I would like to be a T Shirt Sponsor for \$250 and above: _____

Waiver/ Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Cranbury Township and any of their sponsors, staff, and volunteers for any and all injuries suffered by me as a result of participating in this event. I certify that I am in good physical condition for this event.

Signature _____ Date _____ USATF number _____

Signature of Parent or Guardian if under 18 _____ Date _____



Online Registration is available at: www.raceforum.com/helenecody/cranbury