

Family & Friends for Freedom Fund Inc.

Wounded Heroes

5K Run/Walk

Saturday, September 12, 2009

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 12, 2009

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+; largest group

Registration: By Mail - FFFF, 40 Woodland Place, Pompton Plains, NJ 07444

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

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



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Wounded Heroes 5K Run/Walk

_____		_____		_____		_____		_____	
Last Name	First Name	Date of Birth	AGE on 9/12/09	USATF-NJ#		Male ___		Female ___	
_____		_____		_____		_____		_____	
Street Address		Town/City		State/Zip		_____		_____	
_____		_____		_____		_____		_____	
Phone		E-mail		Group		Circle One		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