

Join us for the second annual
Soles for the Harvest
 5K and 1 Mile Fun Run.
 The loop course starts at the
 Cream Ridge Winery, and winds
 past horse farms and through
 historic Walnford Park in
 scenic Cream Ridge, N.J.

Race proceeds this year will
 benefit Allentown Food Pantry
 and the Trenton Area Soup
 Kitchen, as well as global
 hunger relief programs run by
 Episcopal Relief & Development.
 Runners are also asked to
 bring canned goods to benefit
 the Allentown Food Pantry.
 Please help us share the harvest!

Soles for the Harvest is a joint
 venture of St. James Episcopal
 Church, Yardville and St. Matthias
 Episcopal Church, Hamilton.



5K and Fun Run

DATE: OCTOBER 26, 2013

TIMES: 7:30 AM RACE REGISTRATION/CHECK-IN
 8:45 AM 1 MILE FUN RUN/WALK
 9:30 AM 5K RACE/WALK

CHECK-IN LOCATION: CREAM RIDGE WINERY
 145 ROUTE 539, ALLENTOWN, NJ 08501

TIMING: BEST RACING SYSTEMS

AWARDS FOR 5K: TOP MALE AND FEMALE FINISHER OVERALL
 TOP THREE MALE AND FEMALE IN
 UNDER 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

MILE SPLITS, WATER STATION, AND POST-RACE REFRESHMENTS

REGISTRATION: 5K: \$20 ON OR BEFORE OCTOBER 16
 \$25 ON DAY OF RUN

1 MILE FUN RUN/WALK: \$10 or \$15 WITH T-SHIRT

**T-SHIRT FREE TO PRE-REGISTERED 5K ENTRANTS
 AND WHILE SUPPLIES LAST ON DAY OF EVENT TO RACE DAY ENTRANTS**

**Complete form below to register by mail, or register online at active.com or raceforum.com.
 Questions? Contact us at solesfortheharvest5k@gmail.com**

Return with checks payable to: St. James Episcopal Church, 1040 Yardville-Allentown Rd, Yardville, NJ 08620

NAME: _____ M F **AGE (DAY OF RACE):** _____ **T-SHIRT:** YL S M L XL

ADDRESS: _____ **PHONE:** (____) _____ - _____

CITY: _____ **STATE:** _____ **ZIP:** _____ **EMAIL:** _____

WAIVER: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against St. James Church and St. Matthias Church, their respective representatives and successors, and all sponsors, and will hold them harmless from injury suffered in this event. Also, none of the foregoing are responsible for the loss of personal items or any other form of aggravation in connection with this event. I understand that I must be in good health to participate in this event.

5K: **1 MILE:** **SIGNATURE:** _____ **DATE:** ____/____/____

SIGNATURE OF PARENT OR GUARDIAN (if under 18): _____