

Join us for the third 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 the Seaman's Church  
 Institute and a new mission of  
 the church to migrant workers.

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.



**Soles**

for  
 the

**Harvest**



**5K and Fun Run**

**DATE: OCTOBER 25, 2014**

**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 15  
 \$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](http://active.com) or [raceforum.com](http://raceforum.com).  
 Questions? Contact us at [solesfortheharvest5k@gmail.com](mailto: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): \_\_\_\_\_**