

Join us for the fifth 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.

*NEW THIS YEAR!! - Race  
 proceeds this year will benefit  
 church-supported feeding  
 programs and food pantries OF  
 YOUR CHOICE across the  
 Diocese of New Jersey. ALSO  
 NEW - you can choose to  
 become a fundraiser knowing  
 that 100% of the funds you  
 raise will go to the beneficiary  
 agency OF YOUR CHOICE.*

*Runners are also asked to bring  
 canned goods to benefit a local  
 food pantry.*

*Please help us share the harvest!*

*Soles for the Harvest is sponsored  
 by the Diocese of New Jersey,  
 Jubilee Ministries.*



**Soles**

*for  
 the*

**Harvest**

**5K and Fun Run**



**DATE: OCTOBER 22, 2016**

**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 [runsignup.com](http://runsignup.com) or [besttrace.com](http://besttrace.com).  
 Questions? Contact us at [solesfortheharvest@gmail.com](mailto:solesfortheharvest@gmail.com)**

**Return with checks payable to: Diocese of New Jersey, 808 West State Street, Trenton, NJ 08618**

**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, executors and administrators waive any and all rights and claims for damages I may have against the Diocese of New Jersey, Cream Ridge Winery, Monmouth County Park Systems, their 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): \_\_\_\_\_**