

## REGISTRATION DETAILS (ENTRY FEES NON-REFUNDABLE)

Pre-Register by March 16, 2011:  
\$25.00 (includes: Entry fee, 5K T-shirt,  
race packet, post-race celebration  
& UNLIMITED BBQ)

### Team Discount:

Team of 8 or more participants -  
\$20 per person!  
All teams must Register on website by  
3/25/2011  
(t-shirts while supplies last for teams  
registered after 3/16/2011)

### Registration -

March 17th through the Day of Event:  
\$30.00 (All above, but T-shirts available  
while supplies last)

### Early Check-in / Pick-up:

Friday, March 25, 2011  
(Time and Location TBA on  
[www.mamamare.org](http://www.mamamare.org))

*(All pre-reg. T-shirts must be picked up at 5K)*

### AWARDS:

Top 2 male & female overall.  
Top 2 male & female - 14 & under,  
15-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+

### \*ONLINE REGISTRATION\*

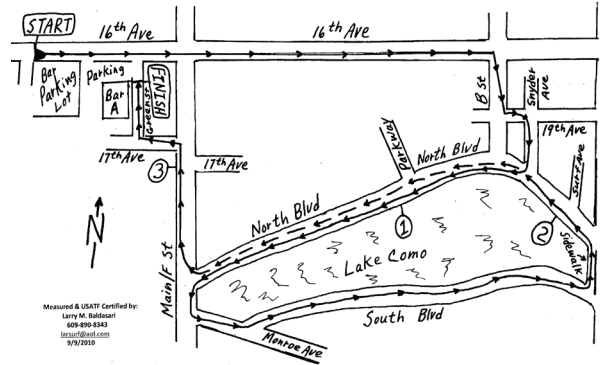
### AND 5K INFO AT

[www.mamamare.org](http://www.mamamare.org)

EMAIL any questions to:

[mamamarefoundation5k@gmail.com](mailto:mamamarefoundation5k@gmail.com)

## COURSE MAP (not to scale)



### POST-RACE CELEBRATION inside BAR ANTICIPATION!! (BAR-A)

- \*Post-Race Refreshments near finish line\*
- \*Unlimited Family and Friends BBQ  
(non-registrant BBQ tickets on sale)\*
- \*DJ\* \*Beer Specials\*
- \*Amazing Raffles\* \*Massage Therapists\*
- \*Special Post-Race Award Ceremony  
& Survivor/Memorial Butterfly Release\*
- \*AND MUCH MORE\*

All proceeds will fund our Ongoing Breast  
Cancer Projects and Programs at  
Robert Wood Johnson University Hospital  
(New Brunswick, NJ)  
in Addition to Biomedical Research in  
Search of a Cure.



The Mama Mare Foundation  
is proud to present...

## De•Feet BREAST CANCER 5K RUN • WALK

*Dedicated in Loving Memory of Mary Ellen Pernice & Cindy Abrams*

SATURDAY  
MARCH 26, 2011

BAR ANTICIPATION:  
(BAR-A)

703-5 16TH AVENUE,  
LAKE COMO,  
NEW JERSEY

USATF-CERTIFIED COURSE

Flat, Fast, Scenic,  
Lakeside 5K Course (USATF-certified)  
(local roads) through  
Lake Como, Belmar, & Spring Lake  
Starting & Ending at  
Bar Anticipation

## ABOUT US

The Mama Mare Foundation, a non-profit breast cancer organization, was founded in February of 2010 by Krista Kasper, shortly after she lost her beloved mother, Mary Ellen Pernice, a.k.a., "Mama Mare" to stage IV breast cancer. The mission of the Mama Mare Foundation is to provide support services to breast cancer patients and their families, and raise funds for specific biomedical research being conducted in search for a cure. By doing so, we will carry on the legacy of Mary Ellen Pernice, who dedicated her life to helping others. For a complete listing of our projects and upcoming events please visit our website @ [www.mamamare.org](http://www.mamamare.org)

100% of the proceeds from our event will go directly to the Mama Mare Foundation to fund our Ongoing Breast Cancer Projects and Programs at Robert Wood Johnson University Hospital (New Brunswick, NJ) in addition to Biomedical Research in Search of a Cure.

The Mama Mare Foundation and Robert Wood Johnson University Hospital of New Brunswick, NJ, have teamed up to create the new 'Mama Mare Foundation's Healing and Education Center' which will soon be located on 4 North at the heart of the RWJUH Oncology Department. This new state-of-the-art facility will provide a serene area for patients and their families, a resource center complete with iPads for easy access research and finally, a boutique to provide wigs, turbans, prosthesis and other items needed by cancer patients.

Construction is set to begin on the Mama Mare Foundation's Healing & Education Center in early 2011 and will hopefully be available to the patients and families by Spring of 2011.



## SCHEDULE OF EVENTS (RAIN OR SHINE)

7:30am -  
Check-in / Registration Tables Open  
(Pre-Registration Check-In & Day-Of Registration)

8:00am -  
Vendor Tables Open  
Massages, Free Giveaways, and more!

8:45am -  
Warm-up and stretching led by  
AAFA Group Exercise Instructor

9:05am -  
5K lineup, Welcome,  
& Master of Ceremonies  
**JOEY SALVIA from ESPN RADIO**

9:30am -  
**5K Begins!** (USATF-certified)  
(Note: Timed Race; NO pets, roller skates,  
etc. Just you & your sneakers!  
Jogging strollers OK - use CAUTION!!)

10:30am -  
**FREE Kids Fun Run Begins!**

**POST-RACE CELEBRATION starts  
immediately after the 5K Run/Walk!**

If you would like to help raise money for  
our 5K in honor or memory of a loved one,  
please visit

[www.firstgiving.com/mamamarefoundation/event/5K](http://www.firstgiving.com/mamamarefoundation/event/5K)  
to create your own personal  
fundraising page.

## REGISTRATION FORM

Make Check payable to:  
"The Mama Mare Foundation Fund"  
Mail form & fee to: Mama Mare Foundation  
P.O. Box 1379 Easton, PA 18044

Last / First Name:  
M / F (circle one) Age (on race day):  
Address (Street):  
Town: State: Zip:  
Phone: ( )  
Email:  
How did you hear about our 5K?

Emergency Contact:  
Phone: ( )  
T-Shirt Size (circle one): S, M, L, XL  
Category (circle one): Runner or Walker  
Breast Cancer Survivor: Yes or No  
Are you running in honor or memory of anyone? Yes or No  
If Yes, Who(m):  
Would you like to participate in our Survivor/Memorial  
Butterfly Release during our Post-Race Celebration? Yes or No  
Would you like to make a donation to The Mama Mare  
Foundation? \$  
TOTAL amount enclosed \$ \_\_\_\_\_

Waiver of Liability: I, \_\_\_\_\_  
acknowledge and agree to assume the risks associated with any and all  
activities in the De-Feet Breast Cancer 5K Run/Walk. I hereby release  
The Mama Mare Foundation, Bar Anticipation, The Boroughs of Lake  
Como, Belmar, and Spring Lake, NJ, the County of Monmouth, NJ, all  
sponsors and their representatives and successors from any claim by  
me or my family, estate, heirs or assigns, for injury or damage which  
may occur to my participating in this event. I know that participation  
in the De-Feet Breast Cancer 5K Run/Walk is a potentially hazardous  
activity. I agree not to enter and participate unless I am medically able  
and properly trained. I grant to the medical assistance assigned to this  
event access to my medical records and physicians, as well as other  
information, relating to medical care that may be administered to me  
as a result of my participation in this event. I have signed this release  
voluntarily and have a full understanding of its contents, having read  
it in full and acknowledging by my signature below that I am legally  
bound by the provisions contained herein. I also understand that in  
the event this race cannot be held as scheduled due to an act of God  
or circumstances beyond control, The Mama Mare Foundation is not  
liable to refund any money paid by me to participate. Permission to  
Use Record of Participation: I grant permissions to the Mama Mare  
Foundation to use any photographs, motion pictures, recordings, or  
any other record of my participation in the De-Feet Breast Cancer 5K  
Run/Walk for any legitimate purpose without remuneration.

Signature (Parent or Guardian Signature if under 18)

X \_\_\_\_\_

(Name MUST ALSO be printed above) Date: \_\_\_\_\_