

REGISTRATION DETAILS (ENTRY FEES NON-REFUNDABLE)

Pre-Register by March 12, 2012 @ www.mamamare.org or via mail-in registration: \$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 March 19, 2012 (5K T-shirts while supplies last for teams and/or teammates registered after March 12, 2012)

Please see Team Awards listed below

Registration -
March 13th through March 19th **ONLINE ONLY** @ www.mamamare.org OR Day of Event: \$30.00 (Includes same as pre-reg, but T-shirts available while supplies last)

Early Check-in / Pick-up:
Friday, March 23, 2012 (Time and Location TBA on www.mamamare.org)

(5K T-Shirts and Race Packets cannot be mailed or picked up after 5K)

INDIVIDUAL AWARDS:

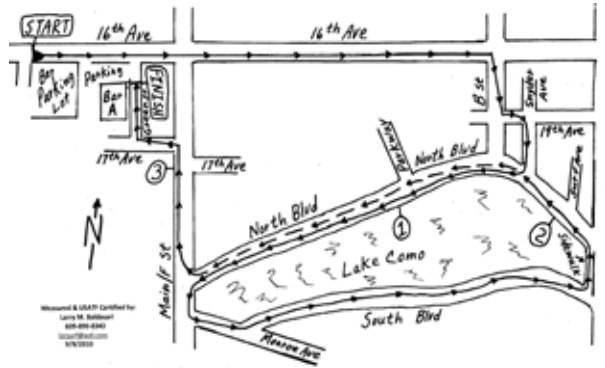
Top 2 Male & Top 2 Female Overall.
Top 2 Male & Top 2 Female - 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+

TEAM AWARDS:

Fastest Team, Largest Team, Best Team Name, Best Team T-Shirt

Are you a part of a school or recreational sports team? If so, we want you and your team at our 5K!! Must have a minimum of 8 people to register! See our Awards section above to see the team Awards we've added to this year's 5K!

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 Dedication*
- *AND MUCH MORE*

ONLINE REGISTRATION

AND 5K INFO AT

www.mamamare.org

EMAIL any questions to:

mamamarefoundation5k@gmail.com



Mama Mare Breast Cancer Foundation is proud to present...

De-Feet BREAST CANCER 5K RUN WALK

Dedicated in Loving Memory of Mary Ellen Pernice & Cindy Abrams

SATURDAY MARCH 24, 2012

BAR ANTICIPATION: (BAR-A)

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

USATF-CERTIFIED COURSE

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

ABOUT US

The Mama Mare Breast Cancer Foundation, a non-profit 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 The Mama Mare Breast Cancer 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.

100% of the proceeds from our event will go directly to the Mama Mare Breast Cancer Foundation to fund our ongoing projects and programs at Robert Wood Johnson University Hospital (New Brunswick, NJ) as well as within our community.

The Mama Mare Breast Cancer Foundation and Robert Wood Johnson University Hospital of New Brunswick, NJ, have teamed up to create the new 'Mama Mare Breast Cancer Foundation's Healing and Education Center' which is located on 4 North at the heart of the RWJUH Oncology Department. This new state-of-the-art facility provides a serene area for patients and their families, a resource center soon to be complete with iPads for easy access research and finally, a boutique to provide wigs, turbans, prosthesis and other items needed by cancer patients. The official ribbon cutting of this facility took place on January 28th of this year. For a complete listing of our projects and upcoming events please visit our website @ www.mamamare.org

Official Exclusive Beverage Sponsor
of the 2nd Annual De-FEET Breast Cancer

5K Run/Walk

hint
DRINK WATER, NOT SUGAR®

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

9:05am -
5K lineup, Welcome

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

10:45am -
FREE Kids Fun Run Begins!

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

If you or your team would like to help raise
money for our 5K in honor or memory of
a loved one, please visit,
www.firstgiving.com/mamamarefoundation/DeFeetBreastCancer5K

to create your own personal fundraising page.

Awards will be presented to the Highest Personal
Fundraiser and the Highest Fundraising Team

MAIL-IN REGISTRATION FORM

**Mail in Registration must be received no later than
March 12th, 2012

Make check payable to: Mama Mare Breast Cancer Foundation
Mail form and fee to: Mama Mare Breast Cancer
Foundation, P.O. Box 1379 Easton, PA 18044

All Info Required Below/One Participant per Form

Last / First Name:

M / F (circle one) Date of Birth:

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 be interested in attending a Shoe & Biomechanics
Clinic on March 4, 2012 hosted by one of our sponsors,
Road Runner Sports? Y or N

-Please visit our website for more details on the clinic.

Would you like to make a donation to the Mama Mare
Breast Cancer 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 Breast Cancer 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 Breast Cancer 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 Breast Cancer 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: _____