



8th Annual Helene Cody Cranbury 5K Run/Walk



1 Mile Fun Run / Walk

Saturday, September 10, 2016



Enjoy refreshments, prizes, DJ, and massages. T-shirts guaranteed for all participants registering by 9/7. Cranbury Day Celebration after the race!



The Helene Cody Foundation seeks to inspire youth to volunteer, to better their communities and themselves.



\$2 off registration for USATF members

- Start Time**
- Registration**
- Price**
- Prizes**



9:00 AM

7:30-8:30 AM

\$25 by 9/7, \$30 after 9/7

Trophies for top 3 in each age group and overall. Prize for top Cranbury finishers.



8:15 AM

7:30-8:00 AM

\$20 by 9/7, \$25 after 9/7

Medals for all finishers! Trophies for top 3 girls and boys.

Register online at RunSignUp.com

For more information and to volunteer, visit HeleneCody.com

Questions? Contact HeleneCody5k@gmail.com

Mail form & entry fee to: Helene Cody 5K
PO Box 641
Cranbury, NJ 08512

Make checks payable to "Helene Cody Foundation". The Helene Cody Foundation is a 501(c)3 charity (80-0543296).

Name _____ 5K Run/Walk _____ 1 Mile Fun Run/Walk _____ Age on Race Day _____

City _____ State _____ E-Mail _____ Emergency Contact Phone # _____

Male _____ Female _____ T Shirt Size Adult: S M L XL Youth: S M L

In consideration of accepting this entry for myself or the person that I am registering, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have arising out of this event, all towns/cities it occurs in, the event staging facilities, the organizer including Helene Cody Foundation and any sponsors or volunteers, as well as any person involved with this event, including the negligence of the organizer, sponsors or volunteers. I fully understand that I or the person I am responsible for will be subjected to roads and trails that may have uneven terrain, rocks, roots, and other obstacles. I, or the person I am responsible for, assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I certify that I, or the person I am responsible for, are medically able to perform this event, in good health, trained, physically fit, and have sufficiently prepared for this race. I hereby grant full permission for the event to use any photos, videos, or any other record of this event for any purpose whatsoever. Furthermore, I understand that my entry into this event is NON-REFUNDABLE and that no refunds will be issued regardless of reason, which includes even if the event is not held.

Signature _____ Date _____ USATF number (if applicable) _____
(Signature of Parent or Guardian if under 18)

