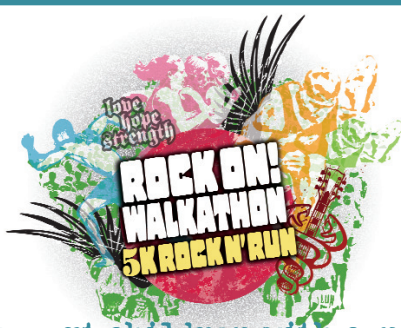


love hope strength foundation

# 2009 5K Rock n' Run & Rock On! Walkathon

Saturday, September 12, 2009

Oak Ridge Park • Clark, NJ



Support children with cancer and blood disorders in NJ and global cancer centers

### Date

Saturday, September 12, 2009

### Location

Oak Ridge Park • Clark, NJ

### Schedule

Registration/Packet Pick-up 7:30 am  
 5K Rock n' Run 9:00 am  
 Rock On! Walkathon (2 Miles) 9:15 am

### 5K Entry Fees

By September 7 \$18.00  
 \$16.00 USATF  
 After September 7  
 & on race day \$20.00

### Walkathon (No Fee)

A Walkathon packet will be mailed to all Walk registrants. Visit [www.UCllovehopestrength.com](http://www.UCllovehopestrength.com) or call 908.902.8587

### Registration

By mail or online at [www.UCllovehopestrength.com](http://www.UCllovehopestrength.com)

### 5K Course

USATF certified on paved park paths and local roads. Mile clocks, 2 water stops.

### 5K Awards

1, 2, 3 overall, male & female  
 1, 2, 3 in each age group, male & female

### 5K Age Groups

5 Years: 14 & under to 75 & over

### Information

[www.ucmusicfest.com](http://www.ucmusicfest.com)  
[www.UCllovehopestrength.com](http://www.UCllovehopestrength.com)  
[www.OYMP.net](http://www.OYMP.net) • 908.902.8587

### Scoring

[www.compuscore.com](http://www.compuscore.com)

### Amenities

Rock On! custom t-shirt to all pre registrants: to post registrants while supplies last, Super refreshments, Random prizes, Music, Music, Music



[www.lovehopestrength.org](http://www.lovehopestrength.org) [www.thevaleriefund.org](http://www.thevaleriefund.org)



Rain or Shine



[www.OYMP.net](http://www.OYMP.net)

Sponsored by



Brazilian Steakhouse & Sushi



New Jersey Grand Prix Event 500 Points

Checks payable to UCLHS and mail to Will to Win • PO Box 6 • Hammonton, NJ 08037

### EVENT ENTERED (please check)

5K Run  2 Mile Walk (No fee)

### ENTRY FEES - 5K ONLY (please check)

- 5K - \$18 (\$16 USATF) - by September 7  
 5K - \$20 after September 7 and on race day  
 I can't participate, but here is my donation of \$ \_\_\_\_\_

ADULT T-SHIRT SIZES  S  M  L  XL

last name \_\_\_\_\_ first name \_\_\_\_\_

street \_\_\_\_\_ city \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_ phone \_\_\_\_\_

date of birth \_\_\_\_\_ age on race day \_\_\_\_\_ 2009 USATF# \_\_\_\_\_

email \_\_\_\_\_ sex \_\_\_\_\_

Race Entry Fee \$ \_\_\_\_\_

Tax Deductible Donation \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

**Waiver Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive & release any claims I may have against the Love Hope Strength Foundation, U. C. Love Hope Strength, County of Union, Clark Township, On Your Mark Productions and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the 5K Rock n' Run & Walkathon for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

signature (parent or guardian if participant is under 18) \_\_\_\_\_ date \_\_\_\_\_



**ALL MUST SIGN THE WAIVER!**