"RUN THE PALISADES"

2nd ANNUAL

5K RUN/WALK

& HEALTH FAIR

plus

Healthy Kids Fun Run (1 mile)

Sunday, May 16th, 2010

Diabetes Foundation

All proceeds from the event will be used for the
Benefit of The Diabetes Foundation Inc.
"Improving the care and quality of life for people with diabetes"

When:	**Sunday, May 16th, 2010 5K Run at 10:00am, Walk at 10:15am (Rain or Shine)**
Where:	**Fort Lee Community Center, 1355 Inwood Terrace, Fort Lee, NJ**
Register:	**Online at www.RaceForum.com/Palisades**
Entry Fee:	**5K Run/Walk: $20 (USATF members $18) - $15 for High School Students** **Healthy Kids Fun Run (1 mile): $10 (medals for all kids)**
Length:	**5 Kilometers (3.1 Miles) -Through the towns of Fort Lee & Cliffside Park** **USATF Certified Course— Flat & Fast**
Awards:	**At the Fort Lee Community Center—to the top 5K Male & Female Overall & top three winners in each age category**
Other:	**Refreshments before & after race; t-shirts to all pre-registered & as available to sign-ups day of event; Goodie Bags; Health Fair, free health screenings**

2010 Entry Form

Register online at www.RaceForum.com/Palisades
or send entry with check made payable to:
Diabetes Foundation Inc.,13 Sunflower Avenue, Paramus, NJ 07652 201-444-0337

_____ _____ _____
Last name **First name** **Email address**

_____ _____ _____ _____
Street Address **City** **State** **Zip**

_____ _____ _____ _____
Phone **Age on Race Day** **(M or F)** **2010 USATF#**

Circle Event: 5K Run/Walk Healthy Kids Fun Run **Circle T-Shirt Size: S M L XL XXL**

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Diabetes Foundation Inc., the Borough of Fort Lee and the Borough of Cliffside Park for injury or damage which may occur due to my participation in this race.

Signature _____

Direct Link to Online Registration RaceForum.com/Palisades No Searching