

2nd Annual Helene Cody Cranbury 5K

And 1 Mile Fun Run

Saturday, September 11, 2010



Categories: 10 and under, 11-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and older
 For Questions and Race Information
 Contact: info@helenecody.com
 Early Registration and Packet Pick
 Up: Cranbury Boy Scout Room
 23A North Main Street
 Cranbury, NJ 08512
 9/7 2:30-4:30,
 9/8 2:30-4:30
 9/9 2:30-4 and 6-8



5K	Start Time 9:00 AM	Registration 7:30-8:30	Next to Fire House 2 Main St, Cranbury
Fun Run	Start Time 9:45 AM	Registration 7:30-8:30	



5K	\$20 by Sept 4 th	\$25 after Sept 4 th
USATF Members	\$18 by Sept. 4 th	\$20 after Sept. 4 th
1 Mile Fun Run	\$15 by Sept 4 th	\$20 after Sept. 4 th

USATF certified course. 5K and Fun Run will start on Evans Drive. Parking is available on Main Street, and at the First Presbyterian Church,, and Cranbury Inn Parking Lots.

Awards: 5K Run: Trophies for top 3 male and female finishers; Trophies for top 3 male and females in each age group; Trophies for first male and female Cranbury Residents; 1 Mile Fun run: Trophies for top 3 boys and girls; Team Awards: Trophy to team with the most participants; Trophy to fastest team, based on 4 fastest runners. T shirts will be provided to all registered runners and while supplies last. Medals awarded to all Fun Runners. Refreshments, Prizes, DJ - after race

Mail form and entry fee to: Helene Cody 5K PO Box 641 Cranbury, NJ 08512. Make checks payable to: Helene Cody Foundation. The Helene Cody Foundation seeks to inspire youth to volunteer, to better their communities and themselves.

Name _____ Male ___ Female ___ 5K ___ 1 Mile Fun Run ___

Address _____ Age on Race Day _____ DOB _____

Team Entry _____ T Shirt Size: S M L XL Youth: S M L

Phone # _____ E-Mail _____

Please contact me. I would like to be a sponsor _____



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 Cranbury Township and any of their sponsors, staff, and volunteers for any and all injuries suffered by me as a result of participating in this event. I certify that I am in good physical condition for this event.

Signature _____ Date _____ USATF number _____

Signature of Parent or Guardian if under 18 _____ Date _____

