

Support Your Skeleton!



South Jersey Healthcare®
Changing Medicine. Changing Lives.

HALLOWEEN BONE RUN & Walk

For Osteoporosis Prevention



5K Run
and
1- to 3-Mile
Walk

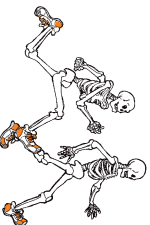


\$2000+
Prize Money
for Race
Winners!

SATURDAY, OCTOBER 30, 2010
PARVIN STATE PARK • PITTSBORO, NJ



HALLOWEEN



BONE RUN & Walk

For Osteoporosis Prevention

www.sjhfdn.org/BoneRun.php

South Jersey Healthcare Bone Run & Walk Entry Form

Register Online: www.sjhfdn.org/BoneRun.php

Name: _____ Race Day Age: _____ Sex: M F T-shirt Size: S M L XL 2XL

Address: _____ Phone: _____ E-mail: _____

City: _____ Zip: _____

State: _____

Event: _____

- 5K Run
- 1- to 3-Mile Walk

Entry Fees:

\$25.00 early registration
(\$30.00 day of the event)

Race Division (choose one):

- Age Group
- Cumberland County Resident
- Law Enforcement/ Fire Person
- Medical
- Masters

Make checks payable to: SJH Foundation

Mail check and entry form to: SJH Bone Run

c/o SJH Foundation
2950 College Drive, Suite 1F
Vineland, NJ 08360

WAIVER AND RELEASE OF ALL CLAIMS

As a participant in this event, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such event.

I agree to waive and relinquish all claims I may have as a result of participating in the event against South Jersey Healthcare.

I do hereby fully release and discharge South Jersey Healthcare and its officers, agents, servants and employees from any claims from injuries, damage or loss which I may have or which may accrue to me arising out of, connected with, or in any way associated with the activities of the event.

I further agree to indemnify and hold harmless and defend South Jersey Healthcare and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the event.

I have read and fully understand the above event details and Waiver and Release of All Claims.

Signature: _____ Date: _____
(parent if under 18 years of age)

2010 Halloween **Bone Run & Walk** for Osteoporosis Prevention

Hosted by
**South Jersey
Healthcare®**

The **Bone Run & Walk** is a fun, healthy way to raise funds to help support South Jersey Healthcare in fighting America's number-one bone disease: osteoporosis. The event features food, music and complimentary screenings at our health fair.

Join us for a fun-filled, bone-healthy day!

Support Your Skeleton!

Saturday, October 30, 2010

Parvin State Park

701 Almond Road ■ Pittsgrove, NJ 08318

Event Schedule

*Rain or
shine!*

9:00 a.m. **5K Run**

NO baby joggers.

9:00 a.m. **1- to 3-Mile Walk**

8:00 a.m.-11:00 a.m. ... **Health Fair**

Races and walk begin at the Parvin Lake beach area.

Registration

Run and walk registration:

7:00 - 8:45 a.m.

Register online at:

www.sjhfdn.org/BoneRun.php

Race Entry Fees

\$25.00 early registration.

\$30.00 day of the event for runners.

Walkers

Bring friends and family members to our non-competitive 1- to 3-mile 'fit and fun' walk through beautiful Parvin State Park. Choose your own distance. Walkers are invited to collect and submit contributions to help support the fight against osteoporosis, but it is not mandatory in order to participate in the walk. For contribution envelopes, call Kim Schwindt at (856) 575-4566. You may hand in your sponsorship packages with contribution envelopes at the registration table PRIOR to beginning your walk. You may begin any time between 9 and 10 a.m. There is no registration fee. Walkers with contributions of \$25 or more will receive a commemorative T-shirt.

Location

Parvin State Park is located in the eastern part of Salem County, New Jersey, in Pittsgrove Township; six miles west of Vineland on Route 540 and seven miles northeast of Bridgeton. It is conveniently accessible from State Route 55, interchange #35.

For More Information

Bruce Willson, Race Director

(856) 696-3924 / BoneRun@sjhs.com

Kim Schwindt, Walk Coordinator

(856) 575-4566 / BoneWalk@sjhs.com

The Course

Parvin State Park has a 5K course that includes maintained trails running through scenic wooded areas and paved roads surrounding beautiful Parvin Lake. The course has flat surfaces.

Run Prizes

Cash prizes will be awarded to the top eight male and female finishers. 1st place, \$300; 2nd place, \$250; 3rd place, \$175; 4th place, \$150; 5th place, \$100; 6th place, \$75; 7th place, \$50; 8th place, \$25.

Event awards will be presented to the top three in each division — male and female. *Age groups: 14 & under, 15-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.*

Awards will be also be presented to the runners and walkers with the best Halloween costumes. All children in Halloween costumes will receive a gift.

Amenities

- Long-sleeve T-shirt for runners
(guaranteed size if pre-registered by 10/16/10)
- Post-race refreshments
- Halloween candy and treats

All proceeds benefit osteoporosis prevention and awareness at South Jersey Healthcare.

