



Transitions Autumn Fest 5k Run/Walk

A celebration to benefit

The Career and Life Transitions Center for Women
to be kicked off with a 5k run/walk,
followed by music, food, and kids crafts!

Sunday, November 2, 2008

Meadow Breeze Park, Washington, NJ, Warren County

5k Run/Walk - Registration at 8 am & Run/Walk Start at 9 am

Kids' Dash (for children under 10) - Start at 10 am

Awards Ceremony & Family Festival - 10:30 am

Free Childcare during the 5k Run/Walk for all participants.

NORWESCAP

Northwest New Jersey Community Action Program, Inc.

For more information, please e-mail: transitions@norwescap.org or call (908) 835-2624.

To Register, Please complete and return the form below with payment or register on-line @ www.raceforum.com/transitions

Transitions Autumn Fest 5k Run/Walk

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone # _____ Fax # _____

E-Mail Address _____

T-shirt size: M _____ L _____ XL _____ Gender M _____ F _____

Date of Birth _____ - _____ - _____ Age on 11/2/2008 _____

Entry Fee: \$20 for entries received BY Oct. 24th, includes t-shirt \$5 for Kids' Dash

\$25 for entries received AFTER Oct. 24th, t-shirts while supplies last

\$2 Discount for Pre-Registered USATF-NJ Members. USATF-NJ # _____

Make checks payable to "Transitions Center for Women"

I hereby release and discharge the Transitions Center for Women (TCW), the Township of Washington, the promoters, the directors and all sponsors and volunteer organizers and their agents or employees and those owning or having an interest in the facilities used while traveling to or participating in the Transitions Autumn Fest 5k Run/Walk for any claim by me or my family, estate, heirs or assigns, for any injury or damage that may be suffered by me. I understand that the TCW, promoters, directors, sponsors and volunteer organizers are under no obligation to provide a physical examination or other evidence of my physical fitness to participate in such an event, the same being my sole responsibility. I have signed this release freely & voluntarily & with a full understanding of its contents, I acknowledge by my signature that I am bound by the provisions herein.

Signature _____ Date _____

Parent/Guardian signature if entrant is under 18 _____

Mail to: 108 East Washington Avenue, Washington, NJ 07882