

11th Annual Helene Cody Cranbury 5K & 1 Mile Fun Run

Saturday, September 7, 2019

Outside the Cranbury Fire Department

2 South Main Street, Cranbury

8:15 AM Fun Run, 9:00 AM 5K



**HELENE CODY
FOUNDATION**

For more information,
questions, online registration,
and volunteer & sponsor
opportunities, visit
HeleneCody.com

5K Run/Walk:

\$25 by 9/4, \$30 after 9/4

7:30-8:30 AM Registration

1 Mile Fun Run/Walk:

\$20 by 9/4, \$25 after 9/4

7:30-8:00 AM Registration

Name _____

Event: 5K Run/Walk 1 Mile Fun Run/Walk

City _____ State _____

Zip Code _____ Age on 9/7/19 _____ Sex: M or F

Email _____

Emergency Contact Phone # _____

T Shirt Size *Adult:* S M L XL *Youth:* S M L

Please mail form & entry fee to:

Helene Cody 5K

PO Box 641

Cranbury, NJ 08512.

Please make checks payable to

"Helene Cody Foundation".

In consideration of accepting this entry for myself or the person that I am registering, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have arising out of this event, all towns/cities it occurs in, the event staging facilities, the organizer including Helene Cody Foundation and any sponsors or volunteers, as well as any person involved with this event, including the negligence of the organizer, sponsors or volunteers. I fully understand that I or the person I am responsible for will be subjected to roads and trails that may have uneven terrain, rocks, roots, and other obstacles. I, or the person I am responsible for, assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road. I certify that I, or the person I am responsible for, are medically able to perform this event, in good health, trained, physically fit, and have sufficiently prepared for this race. I hereby grant full permission for the event to use any photos, videos, or any other record of this event for any purpose whatsoever. Furthermore, I understand that my entry into this event is NON-REFUNDABLE and that no refunds will be issued regardless of reason, which includes even if the event is not held.

Signature _____ Date _____ USATF number (if applicable) _____

(Signature of Parent or Guardian if under 18)

All proceeds benefit the Helene Cody Foundation, which inspires youth to volunteer, to better their communities and themselves. The Helene Cody Foundation is a 501(c)(3) charity (80-0543296)