

15th Annual Helene Cody Cranbury 5K & 1 Mile Fun Run

Saturday, September 9, 2023

Heritage Park

59A South Main Street, Cranbury

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



**HELENE CODY
FOUNDATION**

5K Run/Walk:

\$25 by 8/8, \$30 8/9-9/6, \$35 race day
7:30-8:30 AM Registration

1 Mile Fun Run/Walk:

\$20 by 8/8, \$25 8/9-9/6, \$30 race day
7:30-8:00 AM Registration

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

Please mail form & entry fee to:
Helene Cody 5K
PO Box 641
Cranbury, NJ 08512.
Please make checks payable to
"Helene Cody Foundation".

Name _____
Event: 5K Run/Walk 1 Mile Fun Run/Walk
City _____ State _____
Zip Code _____ Age on 9/9/23 _____ Sex: M or F
Email _____
Emergency Contact Phone # _____

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the HELENE CODY FOUNDATION AND ITS BOARD OF DIRECTORS AND VOLUNTEERS, Event Director, RunSignup.com, USATF and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property including negligence or recklessness of the organizers INCLUDING THE HELENE CODY FOUNDATION AND ITS BOARD OF DIRECTORS AND VOLUNTEERS. This release includes all injuries and/or damages suffered by me before, during or after the event. I fully understand that 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 or trail. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver. 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)