

SUNDAY, OCTOBER 20, 2019



MOTHERS MATTER®
5K Run & Walk

Washington Lake Park
626 Hurffville Cross Keys Road
Sewell, NJ

5K Run begins at 9:00 AM
Walk begins immediately following
~ USATF-Certified Course • CHIP Timing ~
Rain or Shine

Registration

Race Day: Registration begins at 7:30 AM
Pre-Race: Mail-in form must be received by **10-17-9**
On-line: www.RunSignUp.com registration must be received by 10 PM EST, **10-17-19**

Entry Fees

Pre-Race Day: \$25 Individual Fee
\$90 Family Fee* (up to 5)
Race Day: \$30 (no family fee)

Awards

Prizes will be awarded to the top male and female finishers, plus the top three male and female finishers in the following age groups:

14 and under	30-39	60-69
15-19	40-49	70-79
20-29	50-59	80 and over

REGISTRATION FORM*

Please print:

Name _____ **Email** _____
Address _____ **Age (as of 10-20-19)** _____
City _____ **Gender** _____
State _____ **Zip** _____ **Shirt Size (circle one):** **S M L XL XXL**
Phone _____

***Please submit separate registration form and signed waiver for each family member**

Please sign waiver:

In consideration of your accepting this entry, and granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, successors and assigns, waive and release any and all claims for losses and damages I may have against the Lauren Rose Albert Foundation, sponsors, event committee volunteers, DQ Events or their representatives, successors and assigns and/or any other person whatsoever for any and all injuries, illnesses, including death, that may result from my participation in said event. I represent and affirm that I am in proper physical condition to participate in this event, and verified by a licensed physician, and have sufficiently trained for the completion of this event. The undersigned has read and voluntarily signed this release and waiver.

Signature of participant (an adult or parent must sign for anyone under the age of 18)

Please mail completed application(s) with check payable to:
Lauren Rose Albert Foundation, 106 Kenwood Drive, Cherry Hill, NJ 08034

For more information, please visit our website: www.mothersmatter.org

Proceeds benefit Lauren Rose Albert Foundation Mothers Matter programs to help women facing difficult challenges.

Lauren Rose Albert Foundation

Telephone: 856.428.7673 • Fax: 856.368.0800 • E-Mail: mothersmatter@laurenslegacy.org