



The Peter Boyden Memorial Run and Fundraiser

Sunday, April 6, 2008 at 10:00 AM

Duke Island Park, Old York Road, Bridgewater, NJ

First-time racers, beginning runners, and walkers are welcomed and encouraged to participate!

The Hearts and Soles 5K honors the memory of Peter Boyden and continues his efforts to promote running, fitness, and exercise. He had a favorite saying from Confucius:

"It does not matter how slowly you go, so long as you do not stop."

That is the spirit of this event – to get out there and move, without worrying about how fast you get to the finish line.

To further encourage you, we are keeping the entry fee ridiculously low at just \$5. (Most 5K races now charge \$15-20.) Of course, additional donations would be greatly appreciated.

We are raising money to be distributed to organizations researching cardiac health issues and groups promoting physical fitness and healthy lifestyles. We are a 501(c)3 non-profit organization, so contributions (although not the \$5 entry fee) may be tax deductible. Please consult with your tax advisor.



Duke Island Park is on Old York Road in Bridgewater, NJ
See www.HeartsAndSoles5K.org for additional maps and directions

**For more info, please contact info@HeartsAndSoles5K.org
or visit our web site at www.HeartsAndSoles5K.org**

Please join us on Sunday, April 6! Complete the following form and submit with a check for \$5 (plus any additional amount you can donate) made out to "Hearts and Soles 5K". Send to:

Hearts and Soles 5K
PO Box 6071
Somerset, NJ 08875

Last Name: _____ First Name: _____

Street Address: _____

City: _____

State: _____ ZIP: _____ E-mail Address: _____

Gender (M/F): _____ Birth Date (MM/DD/YY): _____ Age on race day: _____

Phone Number: _____ First time racer (Y/N)? _____

Amount of tax-deductible donation (if any): _____

T-shirt size (circle one): Small Medium Large X-Large
(Available for the first 100 entrants)

I understand that participation in this event is potentially hazardous, and I should not enter or participate unless I am medically able and properly trained. In consideration of acceptance of entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participation, including but not limited to falls, contact with other participants, effects of weather, traffic and conditions of roads or trails. I, for myself and my heirs and executors, hereby waive, release and forever discharge event organizers, sponsors, promoters, property owners and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with participation. I understand this waiver includes any claims, whether caused by negligence, action or inaction of any of the above parties, or otherwise. I understand the entry fee is non-refundable and non-transferable. I grant full permission to any and all of the above parties to use photographs, videotapes, motion pictures, web site images, recordings, or any other record of the event. For my safety and that of others, I understand that no headphones, strollers, or dogs are permitted on the course. I hereby confirm that I am physically fit and qualified to participate in this event and I am at least 18 years of age or have had this release signed by my parent or guardian if I have not reached the age of 18.

Participant Signature : _____ Date: _____
(or Parent/Guardian if under 18)
