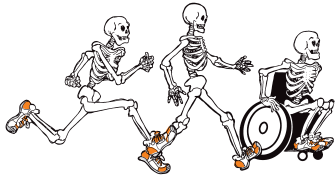


Support Your Skeleton!

HALLOWEEN



BONE RUN Walk 'n Roll

For Osteoporosis Prevention
and Disability Awareness

5k Run
1 to 4 Mile Walk
5k Roll

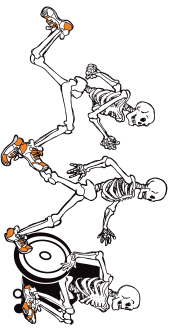
\$10,000 in
Prize Money
& Awards!
Run & Roll

Dr. Syn by Andrew Wyeth

OCTOBER 24, 2004
PARVIN STATE PARK • PITTSBORO, NJ

1237 W. SHERMAN AVENUE
VINELAND, NEW JERSEY 08360

HALLOWEEN



BONE RUN Walk 'n Roll

For Osteoporosis Prevention
and Disability Awareness

www.bonerun.com

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
VINELAND, NJ
PERMIT NO. 222

Bone Run, Walk 'n Roll Entry Form

Name: _____ Race Day Age: _____ Sex: M F

Address: _____ Phone: _____ E-mail: _____

City: _____ State: _____ Zip: _____

- Event:**
- 5k Run
 - 5k Wheelchair Race

Race Division (choose one):

- Age Group
- Cumberland County Resident
- Law Enforcement / Fire Person
- Medical
- Casino
- School

Name of School

Entry Fees:

\$20.00 early registration
(\$25.00 day of the event)

Make checks payable to:

Rehabilitation Foundation
of South Jersey

Mail check and entry form to:

L & M Computer Sports
89 Park Drive
Berlin, NJ 08009

As a participant in this event, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such event.

I agree to waive and relinquish all claims I may have as a result of participating in the event against the Rehabilitation Foundation of South Jersey.

I do hereby fully release and discharge the Rehabilitation Foundation of South Jersey and its officers, agents, servants and employees from any claims from injuries, damage or loss which I may have or which may accrue to me arising out of, connected with, or in any way associated with the activities of the event.

I further agree to indemnify and hold harmless and defend the Rehabilitation Hospital of South Jersey Foundation and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the event.

I have read and fully understand the above events details and Waiver and Release of All Claims.

Signature: _____ Date: _____
(parent if under 18 years of age)

Register Online: www.active.com

2004 Halloween **Bone Run, Walk 'n Roll** for Healthy Bones

Hosted by the Rehabilitation Hospital of South Jersey

The **Bone Run, Walk 'n Roll** is a fun, healthy way to raise funds to help support the Rehabilitation Foundation of South Jersey's efforts to prevent osteoporosis and promote disability awareness. There will be food, music, entertainment, activities for children, and educational exhibits including complimentary screenings at our mini health fair. Join us for a fun-filled and bone-healthy day!

Support Your Skeleton!

Sunday, October 24, 2004

Parvin State Park

701 Almond Road ■ Pittsgrove, NJ 08318

Rain or shine!

Event Schedule

8:45 am **5k Wheelchair Race**

Helmets are mandatory.

Traditional race wheelchairs only — no handcycles.

8:50 am **5k Run**

9:00 am–9:30 am **1 to 4 Mile Walk**

Races and walk begin at the Parvin Lake Beach area.

Registration

Race Registration: 7:00 am–8:30 am

Walk Registration: 7:00 am–9:30 am

(sponsor packages received)

Register online: www.active.com

Race Entry Fees

\$20.00 early registration, \$25.00 day of the event — runners and wheelchair race participants.

Walkers

Bring friends and family members to our non-competitive 1 to 4 mile 'fit & fun' walk or roll through beautiful Parvin State Park! Choose your own distance. Walkers and wheelchair participants are invited to collect and submit contributions (*call 856 896-2050 for contribution envelopes*) to help support the fight against osteoporosis, but it is not mandatory in order to participate in the walk. Hand in sponsorship packages with contribution envelope at the registration table PRIOR to beginning your walk. You may begin at any time between 9:00 and 9:30 am. There is no registration fee. Walkers with contributions of \$25 or more will receive one free commemorative T-Shirt, or for \$100 or more will receive one hooded sweatshirt. Wheelchair participants are welcome to join the walkers in this event.

Location

Parvin State Park is located in the eastern part of Salem County, New Jersey, in Pittsgrove Township; six miles west of Vineland on Route 540 and seven miles northeast of Bridgeton. It is conveniently accessible from State Route 55, interchange #35.

For More Information

www.bonerun.com

Bruce Wilson, Race Director,
at (856) 696-3924 / wilsonb@sjhs.com

Rob Manestrina, Event Coordinator,
at (856) 896-2050 / rmanestrina@rhsj.com.

The Course

Parvin State Park has a 5k course that includes maintained trails running through scenic wooded areas and paved roads surrounding beautiful Parvin Lake. The course has flat surfaces.

Prizes

Prizes will be awarded to the top five male and female finishers in the Run and Roll events — first place, \$700; second place, \$500; third place, \$250; fourth place, \$150; fifth place, \$100

Prizes and trophies will be awarded to the top five in each division — male and female, five-year age divisions. *Age groups: 12 & under, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, top 4: 70-79, and top 4: 80+.*

Masters — male and female (age 40+):
first place, \$150; second place, \$100; third place, \$75; fourth place, \$50; fifth place, \$25.

Cumberland County overall — male and female:
first place, \$150; second place, \$50.

Prizes awarded for best Halloween costume worn by participants.

Wyeth Walk: Special prizes for individuals who dress in N.C. Wyeth character costumes. *Go to www.bonerun.com for more details.*

Awards ceremonies will take place in the Beach Area Courtyard following the race.

Amenities

- T-Shirt for runners and wheelchair participants (guaranteed for preregistered)
- T-Shirt for walkers who turn in \$25+ sponsorship package; or hooded sweatshirt for contributions of \$100 or more
- Pre- and post-race refreshments including fruit, bagels, sandwiches, cookies, coffee, water, smoothies, etc.
- Halloween candy and treats
- Optional picnic-style lunch, \$4.00 per person

All proceeds benefit non-profit organizations for osteoporosis prevention and disability awareness.

