



3rd Annual Trail Run/Hike for Gramgee!

In Memory of Pat Glennon

Saturday, June 16, 2018

Hilltop Reservation

Courter Lane, North Caldwell

Sponsored by:

Maureen & Angus Clayton

Tommy & Sharon Glennon

Brian & Elisse Glennon

Deb & Jon Sek

SCHEDULE OF EVENTS

8:00 a.m. Registration/bib pick-up
8:45 a.m. Welcome remarks/warm-up
9:00 a.m. 5K trail run/hike (runners will start first)
9:45 a.m. Racer awards and raffle prizes

This event is rain or shine.

REGISTRATION

16 yrs+ \$25 pre-registration; \$30 on site
Children 7-15 yrs \$15; Children 6 yrs and under are free.
All pre-registered participants will receive a t-shirt.

To Register Online:

www.PreludetoaCure.org

To Register by Mail:

Prelude to a Cure, Inc.
140 Central Avenue, West Caldwell, NJ 07006

AWARDS

1st, 2nd and 3rd place male 40 yrs and over
1st, 2nd and 3rd place female 40 yrs and over
1st, 2nd and 3rd place male 16-39 yrs
1st, 2nd and 3rd place female 16-39 yrs
1st, 2nd and 3rd place finishers 15 and under

5K COURSE DESCRIPTION

Help support the fight against lung cancer while experiencing one of Essex County's hidden gems, the Hilltop Reservation. This 5K will take place on paved roads, gravel roads, rugged trails through the woods, and also a trail through a meadow of wild flowers and natural grasses.

There will be alternate routes to accommodate various levels of trail runners and walkers. Due to the terrain, strollers are not permitted.

For Sponsorship Opportunities: Contact Claire Mattern, President/Founder (201) 953-6495

Participant's Name (submit one form per participant): _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: _____ **E-Mail:** _____

Age on event day: _____ **Gender:** Male / Female **Shirt size:** Small / Medium / Large / XL

Total Payment: \$ _____ (Checks payable to Prelude to a Cure, Inc.)

***I cannot attend but I would like to make a contribution:** \$ _____

Release of Liability

In consideration of the acceptance of my entry into this athletic event ("Event"), I and any participating for whom I am the parent/guardian, and my/their heirs, executors and administrators do hereby release and discharge and further agree to indemnify and hold harmless the Hilltop Reservation, the County of Essex and Prelude to a Cure, Inc., and all Event sponsors and volunteers, from all liability, damages, losses and claims from any injury, loss or damage to my person or property arising out of or that occurs during participation in the Event. I represent that I have full knowledge of the risks inherent in such activities and that I am physically fit and sufficiently trained to participate in the Event. I fully accept and assume all such risks and responsibility for any and all loss, damage, or injury I may incur or sustain as a result of participating in the Event. Further, I understand that participation in this race constitutes consent to the use of my pictures/imagery for Prelude to a Cure promotions, including but not limited to, social media. 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.

X _____ Date: _____

Participant Signature or Parent/Guardian if under age 18