



# Trail Run/Walk for Gramgee!

*In Memory of Pat Glennon*

**Saturday, May 13, 2017**

Hilltop Reservation  
Courter Lane, North Caldwell

*Sponsored by:*

Brian and Elisse Glennon

### 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/walk (runners will start first)  
9:45 a.m. Racer awards and raffle prizes

This event is rain or shine.

### 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

### 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](http://www.PreludetoaCure.org)

**To Register by Mail:**  
Prelude to a Cure, Inc.  
140 Central Avenue, West Caldwell, NJ 07006

### 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