







# Pet Regulations

Please read and adhere to the following regulations:

-  **Proof of current Rabies vaccination must be submitted with your registration form.**
-  Limit 2 dogs per adult walker.
-  No retractable leashes permitted. Leashes should be no more than 6 feet in length.
-  We reserve the right to turn away pets that are a threat to other participants.
-  Please clean up after your pet, (bags provided).
-  Please consider the age and condition of your pet by asking yourself "Is my pet up for a 3-mile walk?"



Thank you for helping fulfill our mission to end breast cancer by supporting gene research and by helping us to educate women towards heightened awareness and prevention until breast cancer is no longer life threatening to women.

# My Sponsors

Amount									
									<b>TOTAL PLEDGES</b>



# About the Event

**What:** A 5K Fundraising Walk and Road Race. A Certified, USATF Sanctioned Event with trophies for top male and female finishers and medals for top male and female in each age category. Followed by a fun-filled reception of games, vendors and educational demonstrations.

**Where:** NUS Consulting Group Property  
One Maynard Drive (off Brae Blvd.)  
Park Ridge, NJ 07656

**When:** Sunday, May 16, 2010

**Why:** To raise funds and awareness for breast cancer research. This year's proceeds to benefit the Hackensack University Medical Center and the MASK Foundation founded in memory of Dr. Maryanne Kern, DVM.

**How:** All participants are encouraged to take this brochure to family, friends, neighbors, teachers, parents, work colleagues, local stores and businesses - or other people who you think would support this event! Please be sure to share this information with them. Collect your pledge money as you get sponsors for your walk. (Additional monies can be turned in on the day of the walk.)

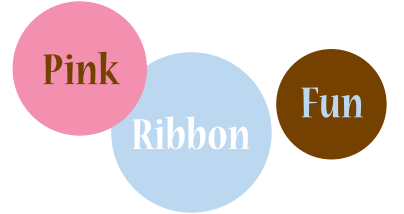
# Directions

From Garden State Parkway North - Take exit 172. Make a right onto Grand Avenue. Make a right onto Spring Valley Road. Make a right onto Brae Blvd. NUS is the first building on the right before Park Ridge Marriot.

From Route 17 - Take Lake Street which becomes Grand Avenue, then same as above.

# Event Timeline

- 9:00 AM** Registration Begins  
Light Breakfast Provided
- 10:15 AM** Opening Remarks and Welcome  
Stretching
- 10:30 AM** Walk/Race Begins (Racers first, Walkers second, followed by Walkers with Dogs)
- 11:00 AM** Children's Obstacle & Fun Course Opens
- 11:15 AM** Race Winners Announced
- 12:30 PM** Winning Raffle Tickets Drawn



**Refreshments** will be served before and after the event.

**Goodie Bags** will be provided for registrants with dogs.

**The Seeing Eye Puppy Raisers** will provide information demonstrations during the event.

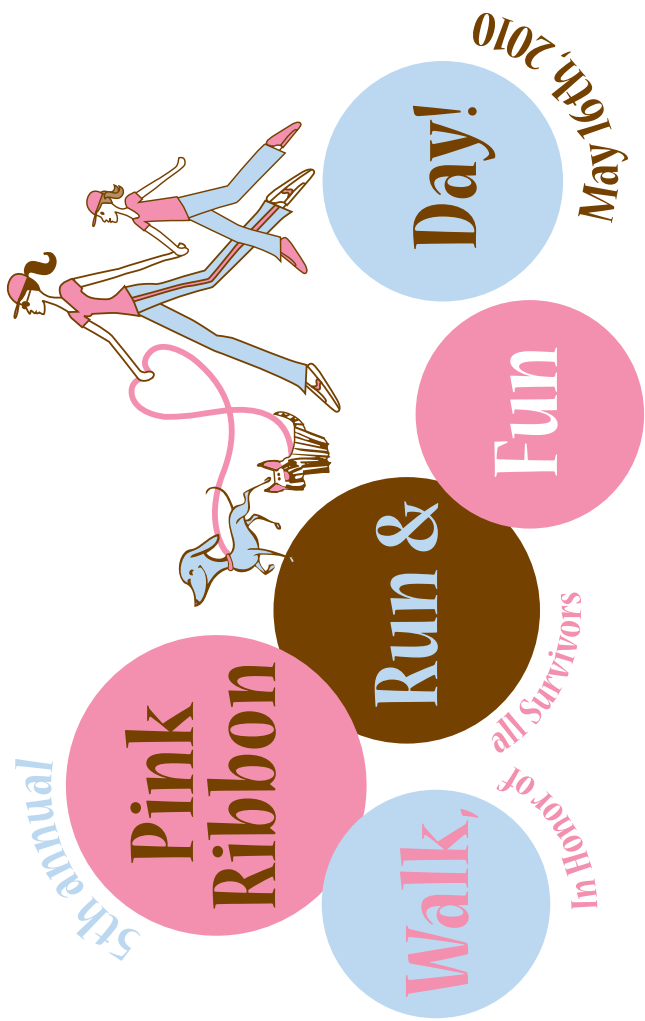
**Dog training** demonstrations will be performed during the event.

**Raffle** prizes to include gift baskets and electronics.

**Pictures** by Glen Rock Digital Photography.

THE OCTOBERWOMAN FOUNDATION  
 FOR BREAST CANCER RESEARCH  
 P.O. Box 296 • Park Ridge, NJ 07656

PROCEEDS TO BENEFIT THE MASK FOUNDATION AND  
 HACKENSACK UNIVERSITY MEDICAL CENTER  
 501 (C)(3) NON-PROFIT ORGANIZATION



# Registration

Please complete & return this form & pledge sheet to:  
 The Octoberwoman Foundation, PO Box 296,  
 Park Ridge, NJ 07656 by **May 7, 2010.**

Minimum pledge total of \$25 is required to participate and receive a free "Pink Ribbon T-shirt." Children under 10 are free (T-shirt not included.)

### Registration:

Register Online at:  
<http://raceforum.com/PinkRibbon>

I am participating as a walker or runner.  
 I am participating as a walker/runner with a dog.

Name \_\_\_\_\_  
 Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail address \_\_\_\_\_

### Age Group: (please circle one)

- 14 and under      40 - 49
- 15 - 18            50 - 59
- 19 - 29            60 - 69
- 30 - 39            70 and over



Check here if you are under 18 (parent/guardian signature required)

X \_\_\_\_\_

In consideration of the acceptance of my entry, I myself, my representative and assigns do hereby release and discharge The Octoberwoman Foundation, the town of Park Ridge, the race officials, volunteers, sponsors (hereinafter releases) for any claim arising out of my participation in this athletic event. I verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18. Participants also agree to allow The Octoberwoman Foundation to use its name and photo in any public relations material for this or future events. ALL dogs must be vaccinated, licensed, and social with other dogs and people.

**Total Pledges Collected: \$ \_\_\_\_\_**

Youth L      Youth XL  
 Adult S      Adult M      Adult L      Adult XL

Additional T-shirts will be available for a \$20 donation while supplies last.

### Optional:

I am walking/donating in honor or memory of  
 \_\_\_\_\_

# Payment & Sponsor Information

### Payment options:

**Total Amount Included: \$ \_\_\_\_\_**

I am unable to attend but will support the cause with a donation.  
 Check(s) enclosed (made payable to The Octoberwoman Foundation)  
 Charge to my credit card  
        Visa     Mastercard     Amex

Card # \_\_\_\_\_  
 Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_  
 Signature \_\_\_\_\_

Additional Sponsor Pledge Sheets and registration forms available at: [www.octoberwoman.org](http://www.octoberwoman.org)

### Become a Sponsor!

All sponsors will be listed in our program. Limited space available on printed materials. **Sponsorships are due April 16, 2010.**

- \$1000 T-Shirt Sponsor. Your company's logo will be placed on the sleeve of our custom designed Pink Ribbon T-shirt. Limited to two.
- \$250 T-Shirt Sponsor. Your company's logo will be placed on the back of our Pink Ribbon T-shirt. Limited space available.
- \$150 Vendor Table. Your company will be given the opportunity to have an informational table at the event to promote your corporation. Certain restrictions may apply.
- \$100 Mile Marker Sponsor. Your company's logo will be placed at mile markers/water stations along the route.
- \$75 T-Shirt Listing. Your name will be listed on the back of our Pink Ribbon T-shirt. Limited space available.
- I am unable to sponsor this year's event, enclosed please find a donation in the amount of \$ \_\_\_\_\_.

**Logo graphics must be submitted in high resolution pdf format.**

Name \_\_\_\_\_  
 Business Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail address \_\_\_\_\_