

EMPOWER



Center For Family Services
5k Empower Run & 1 Mile Walk

Benefitting Services Empowering
Rights of Victims

SERV

9.24.16

9 AM
Washington Lake Park
626 Hurffville Cross Keys Road
Sewell, NJ 08080

cfs5k.com



REGISTRATION FORM

Event Entered (check box next to each of the categories below):

- 5k Run
- 1 Mile Walk
- Kids 50 yard Dash

T-shirt Size (T-shirts are available in the following sizes and for the first 200 registrants):

- Small
- Youth Small
- Medium
- Youth Medium
- Large
- Youth Large
- X-Large
- Youth X-Large
- XX-Large

turn over to complete the registration form

First Name _____ MI _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Birthdate _____ Age on Race Day _____ Gender Male Female

I can not participate but would like to sponsor a client of CFS to run/walk in my place.

Waiver Statement

In consideration for accepting this entry and the granting of the right to participate in this event, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, personal representatives, successors, and assigns, waive and release any and all claims for losses and damages I may have against event committee, volunteers, event sponsors; Center For Family Services; participating towns; boroughs; all their representatives; successors and assigns and/or other persons whomsoever for any and all injuries, illness, including death, that may result from my participation in said event. I represent and affirm that I am in good physical condition to participate in this event and verified by a license physician, and have sufficiently trained for the completion of this event. No Refunds. I give permission for my photo to be used in print and online.

Signature of participant _____
(if a minor, please obtain signature of parent or guardian below)

Signature of parent or guardian _____
(if participant is a minor)

Date _____

Mail completed Registration Form to:
Center For Family Services, 584 Benson Street,
Camden, NJ 08103 Attn: 5k Run & Walk

Please make checks payable to:
Center For Family Services

turn over to complete the registration form

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ABOUT THE RACE

EMPOWER



Join us for our 5k Empower Run & 1 Mile Walk
Benefitting Services Empowering Rights of Victims

Center For Family Services is pleased to announce our Services Empowering Rights of Victims (SERV) program will be the benefactor of our 5k Empower Run & 1 Mile Walk. The event will directly support victims of sexual and domestic violence in southern New Jersey and will also be SERV's official kick-off of Domestic Violence Awareness Month, recognized nationally each October.

Each year, individuals across Camden, Cumberland, and Gloucester Counties who have been victims of violence seek out the support of SERV to begin their journey towards healing and empowerment. Our highly trained and dedicated staff at SERV provide the tools and resources to make a survivor whole again. Your support and participation in our 5k Empower Run & 1 Mile Walk will help to expand and enhance the reach of the services we provide through SERV that strengthen the lives of victims of domestic and sexual violence.

Your support will help enhance the following services for female and male survivors of sexual and domestic violence:

- 24/7 toll-free hotline
- Crisis Intervention
- Counseling
- Advocacy
- Accompaniments to hospitals, police stations, and courts
- Ongoing support groups
- Safe housing for female victims of domestic violence and their children
- Educational outreach
- Volunteer recruitment and training

SERV is the NJ State designated sexual violence service provider in Camden, Cumberland, and Gloucester Counties and the NJ State designated domestic violence provider in Gloucester and Cumberland Counties.

RACE INFO

This fun-filled family event has something for everyone! For runners, the 5k will be professionally measured and timed with awards for different ages and genders. Walkers will enjoy a comfortable, scenic trail, and kids have the chance to participate in our 50 yard Dash event. Stick around after the run for complimentary food, live music, games, and awards for top runners!

REGISTER TODAY!

ONLINE – cfs5k.com (Online registration will close 9/22/16)

MAIL IN – Complete the registration form attached and mail with payment to: Center For Family Services, 584 Benson St., Camden, NJ 08103
Attn: 5k Run & Walk (Forms must be received by 9/22/16)

RACE DAY – Registration will open at 8am at Washington Lake Park. Race Packets will be available the morning of the event.

RACE FEES

5k Empower Run & 1 Mile Walk: \$25 (Pre-registration); \$30 (on Race Day) and children 12 & under \$10; Kids 50 yard Dash (children 10 & under): FREE

AWARDS

Overall Male & Female (Top 3)
Age Groups (Top 2 Male & Female)

- 15 & under
- 16 – 19
- 20 – 29
- 30 – 39
- 40 – 49
- 50 – 59
- 60 – 69
- 70 +

TIMELINE OF RACE DAY ACTIVITIES

8:00 am – Registration Opens
 8:45 am – Registration Closes
 9:00 am – 5k Run Begins
 9:05 am – 1 Mile Walk Begins
 10:00 am – Kids 50 yard Dash Begins
 10:15 am – Awards Ceremony Begins

PARKING

Attendees may enter Washington Lake Park by the Hurffville Cross Keys Road entrance. Parking is available in Lots D & E.

Interested in Volunteering?

We need energized individuals to help with set up/break down, registration, water station, parking, and more! Contact Annie Duklewski at aduklewski@centerffs.org or by calling 856.964.1990 x398

Interested in Sponsoring?

Please review the Sponsorship Levels on the Sponsor Form. For more information, contact Kelsey Sanderson at kelsey.sanderson@centerffs.org or by calling 856.964.1990 x110