

# Kids Marathon

**Saturday**  
**June 27, 2015**  
**9 a.m.**

**Education Testing Service (ETS)**  
**660 Rosedale Road, Princeton**

All children grades K - 8 are invited to participate in the 7th Annual Kids Marathon, hosted by Princeton HealthCare System Community Education & Outreach Program and Princeton Fitness & Wellness Center.

Get moving, get healthy, and most of all get the whole family together for fun and fitness during the weeks leading up to race day.

Proceeds support Princeton HealthCare System's programs to promote wellness and prevent obesity and chronic disease in children.



**Attention Schools!**  
**Qualify for FREE CPR**  
**Training for your staff**  
**when 50% or more of your**  
**school's students sign up!**

**For more details, contact Debbie Millar**  
**at 609.897.8982.**



**Princeton HealthCare System**

In partnership with Princeton Fitness & Wellness Center

**[www.princetonhcs.org/kidsmarathon](http://www.princetonhcs.org/kidsmarathon)**

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# Kids Marathon

**Saturday, June 27, 2015**



Kids run, walk or roll 25 miles  
over 10 weeks and finish the  
last 1.2 miles together!



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# How It Works

**Sign up** online or mail in the entry form.

**Walk-Run-Roll** 25 miles over 10 weeks beginning in April — approximately 2.5 miles per week.

**Track your own progress** using this log sheet or create your own.

**Receive an incentive** for each completed milestone (5 – 10 – 13.1 – 20 – 25). Earn some miles by participating in healthy eating/active living events. Visit our website to learn more.

**Pick up packet** which includes race bib, t-shirt and goody bag. Check website for pick up details.

**Gather on June 27** to finish the last 1.2 miles together and receive your medal! Parents may run with their children or cheer them on from the sidelines.

**Enjoy Race Day celebrations including music, face painting, kids’ crafts, vendors, refreshments and more after the race. Race starts promptly at 9 a.m.**

[www.princetonhcs.org/kidsmarathon](http://www.princetonhcs.org/kidsmarathon)

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# Log Sheet

	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.	TOTAL
wk 1								
wk 2								
wk 3								
wk 4								
wk 5								
wk 6								
wk 7								
wk 8								
wk 9								
wk 10								
							1.2 M	26.2 M

**June 27  
RACE DAY!**



# Entry Form

Register online at [www.princetonhcs.org/kidsmarathon](http://www.princetonhcs.org/kidsmarathon) or fill out one entry form per child and mail to  
**Community Education & Outreach**  
731 Alexander Road, Suite 103, Princeton, NJ 08540.

Participant’s Last Name

Participant’s First Name

Address

City

State

Zip

Email

Phone

Birth Date (DD/MM/YY)

Gender: ☐ M ☐ F

T-shirt Size (Youth Size): ☐ S ☐ M ☐ L (Adult Size): ☐ S ☐ M

## Registration Fee (per child):

☐ \$25 — Kids Marathon (includes incentives)

## Payment:

☐ Check (Payable to Princeton HealthCare System)

☐ Credit: Visa Discover AMEX Mastercard

Card#: \_\_\_\_\_

Exp Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

## Princeton HealthCare System General Publicity Consent Form

I hereby authorize and permit Princeton HealthCare System (PHCS) to take, obtain and make use of photography and publicity of myself. I understand that such photography, interviews and information may be used for inclusion in media reports and in PHCS publicity materials and publications that have been discussed with me prior to their publication. I understand that this will be done without compensation to me.

## Waiver and Release

I, the undersigned, intending to be legally bound for myself, my heirs, executors, administrators and assigns, do hereby waive, release, relinquish, and discharge any and all rights and claims for injury or damages arising from my participation in this event which I may have against Princeton HealthCare System, Community Education & Outreach and any and all sponsors of the Princeton HealthCare System Kids Marathon. I verify that I am physically fit and sufficiently trained to participate in this event. I understand that participation in this event is not free of risk and I freely and voluntarily assume all risk of whatever nature arising out of my participation in this event.

Signature of Parent or Guardian

Date