

9:30am—Registration      10:30am—Welcome  
11:00am—5K Run Start    11:20am—1 Mile Fitness Walk Start  
12:00pm—Awards Ceremony and Luncheon

*Paulette Steps*  
**TOWARD CANCER WELLNESS**  
5K RUN/1 MILE FITNESS WALK



Fees

\*All participants and spectators will receive breakfast, lunch and a gym bag  
Participant Fee: \$25 Early Bird Registration; \$35 after April 4th  
Spectator Fee: \$10; unavailable after April 15th

Early Bib and Gym Bag Pick-ups

**Friday, May 2nd, 5pm-7pm** at the Star and Barry Tobias Ambulatory Campus, 901 West Main St, Freehold

Awards

Top Male & Female in each age category (30 and under, 31-45, 46-59 and 60+), Highest Individual Fundraiser, and Highest Team Fundraiser

Opportunities for Support\*

- \_\_\_ \$5,000 Race Sponsor—name on stage banner and 10 run/walk registrations
  - \_\_\_ \$2,500 Finish Line Sponsor—name on finish line signage and 8 run/walk registrations
  - \_\_\_ \$1,000 Luncheon Sponsor—name on luncheon banner and 5 run/walk registrations
  - \_\_\_ \$500 5K Sponsor—name on the 5K course and 3 run/walk registrations
  - \_\_\_ \$200 Walk Sponsor—name on the walk course and 2 run/walk registrations
  - \$ \_\_\_\_\_ Additional donation to support CentraState's Colorectal Cancer program
- \_\_\_\_\_ \*Sponsors at all levels are eligible for a table in our vendor area.  
Please check here if you would like to reserve a space.

Name: \_\_\_\_\_  
Team Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State Zip: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

Participation 5K Run\*    1 Mile Fitness Walk    Spectator  
\*All 5K Run Finishers will receive a commemorative race medal

Gender: Female    Male  
Age: \_\_\_\_\_

How has Colorectal Cancer impacted your life?  
 I am a Survivor for \_\_\_\_\_ years  
 I am a friend/family member of a Survivor  
 I have lost a loved one to Colorectal Cancer  
 My life has not been impacted by Colorectal Cancer but I support the cause  
 I prefer not to answer

How did you hear about this year's event?  
 Billboard     Flyer/Poster     Internet     Friend/Family     Social Media  
 Other \_\_\_\_\_

*Join the Challenge by pledging to raise at least \$100 for CentraState's Colorectal Cancer program! Recruit friends and family to the cause by visiting [rally.org/paulette](http://rally.org/paulette)*

Liability Agreement: I know that running/walking can be a potentially hazardous activity. I confirm that I am medically able and properly trained to participate in this event. I agree to abide by any decision of an event official relative to my participation in this event. I assume all risks associated with running/walking, including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release CentraState Medical Center and CentraState Healthcare Foundation, CentraState Healthcare System, the Township of Freehold, Freehold Area Running Club, staff, volunteers, agents, contractors and sponsors, their representatives and successors for all claims and liabilities of any kind arising out of my participation in this event. Furthermore, I grant to all of the foregoing the use of any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I fully understand that there are no refunds of entry fees for this event

Signature \_\_\_\_\_ (Indicates acceptance of Liability Agreement. Registrations without signature will be rejected.)      Date \_\_\_\_\_

**Online Registration!**  
[www.centrastatefoundation.org/paulette](http://www.centrastatefoundation.org/paulette)