

# Om Foundation – [www.SmilesForOm.org](http://www.SmilesForOm.org)



## SCHEDULE

**(Date: Sunday, May 19<sup>th</sup>, 2019)**

**7:30–8:00 AM:** Bib pickup / Registration

**8:00 – 9:00 AM:** Message from Grand Ambassador Sparsh Shah and Mayor

**9:00 AM:** 1 Mile Walk

**9:30 AM:** 5K Run

**10:00 AM:** Award Ceremony

## RUNNERS

### Age 18+

- \$25 before April 30<sup>th</sup>
- \$30 after April 30<sup>th</sup>

### Age 5-18

- \$12 before April 30<sup>th</sup>
- \$15 after April 30<sup>th</sup>

## WALKERS

### Age 18+

- \$10 before April 30<sup>th</sup>
- \$15 after April 30<sup>th</sup>

### Age 5-18

- \$5 before April 30<sup>th</sup>
- \$8 after April 30<sup>th</sup>

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- T-shirts and goodie bag
  - Awards and Medals

### - Contact Information -

Prakash Parab 732-610-5173, [pparab@aol.com](mailto:pparab@aol.com)

Ketul Parikh 908-267-2275, [SmilesForOm@gmail.com](mailto:SmilesForOm@gmail.com)

We appreciate any additional donations in the form of cash or check. Please make checks payable to:

## OM FOUNDATION

501(c)3 non-profit organization  
EIN # 82-4993198

Mail to: 1 Scenic Way, Monroe, NJ 08831

## 2<sup>ND</sup> ANNUAL OM MEMORIAL 5K RUN AND 1M WALK

**SUNDAY, MAY 19TH, 2019 THOMPSON PARK, MONROE**

**Register Online: [runsignup.com/om](http://runsignup.com/om)**

### GRAND AMBASSADOR

EMMY NOMINATED SINGING PRODIGY

### SPARSH SHAH

Singer, Songwriter, Rapper & Inspirational Speaker

### Organized by

### Monroe Indians for Civic Action (MICA)

supported by Agraj Seva Kendra, ICAM, Lad Samaj and Rotary  
Interactive Club of Monroe

## OM MEMORIAL FUND GOALS

- Bring smiles, positive attitudes, and the power of perseverance to children
- Provide service opportunities to help students get involved
- Strengthen our community by supporting those in need
- Promote cancer awareness through education
- Support research that focuses on childhood cancer

## COMMUNITY WORK DONE

- ✓ Provided financial support to a Monroe family to cover the cost of insurances for their three children
- ✓ Awarded a scholarship to special needs gymnast to cover her private coaching cost. She went on to win 4 gold medals and 1 silver medal at the U.S. Special Olympics.
- ✓ Established Om Parikh Memorial Awards for Optimism at MTMS and MTHS to recognize students that exude positive attitude, encourage optimism in others & improve the world around them.
- ✓ Donated LEGO table and painted a window mural at the Monroe Township Library to enhance the children's area of the library.