

EVENT SPONSOR



SPONSORS WELCOME

www.runthepalisades.org



Diabetes Foundation, Inc.

13 Sunflower Avenue

Paramus, NJ 07652

Phone: 201-444-0337

Fax: 201-444-5580

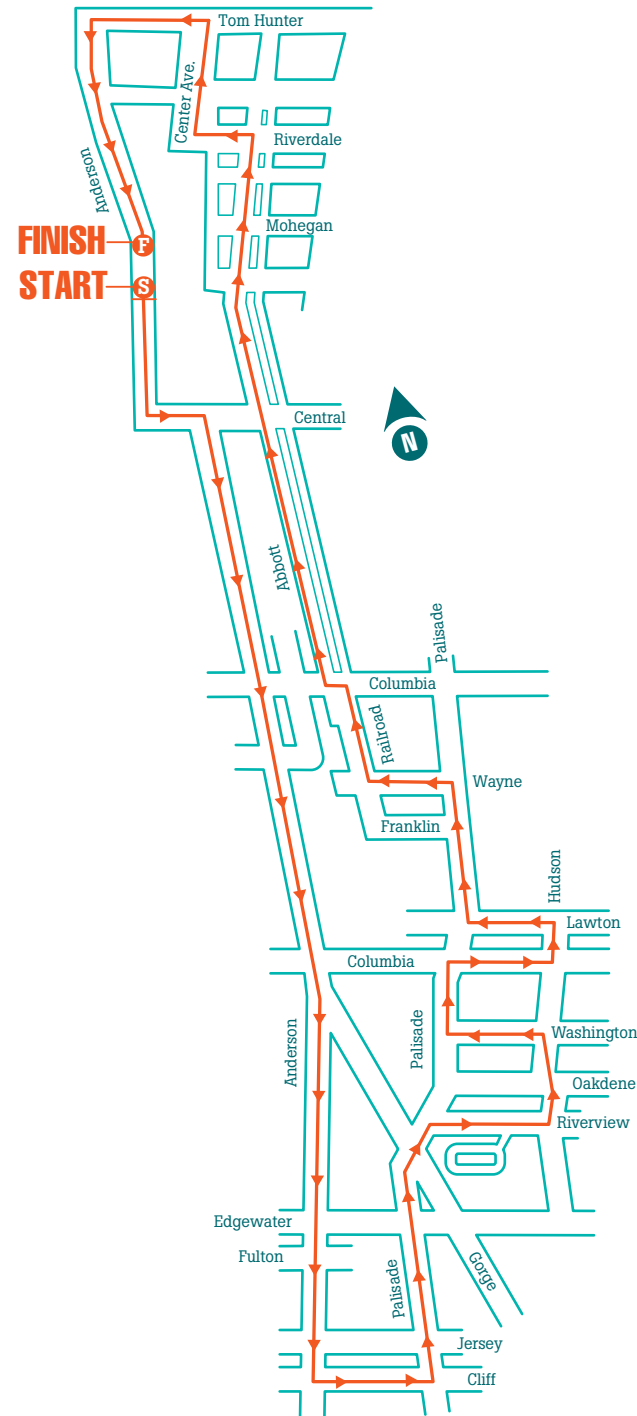
Email: info@diabetesfoundationinc.org

www.diabetesfoundationinc.org

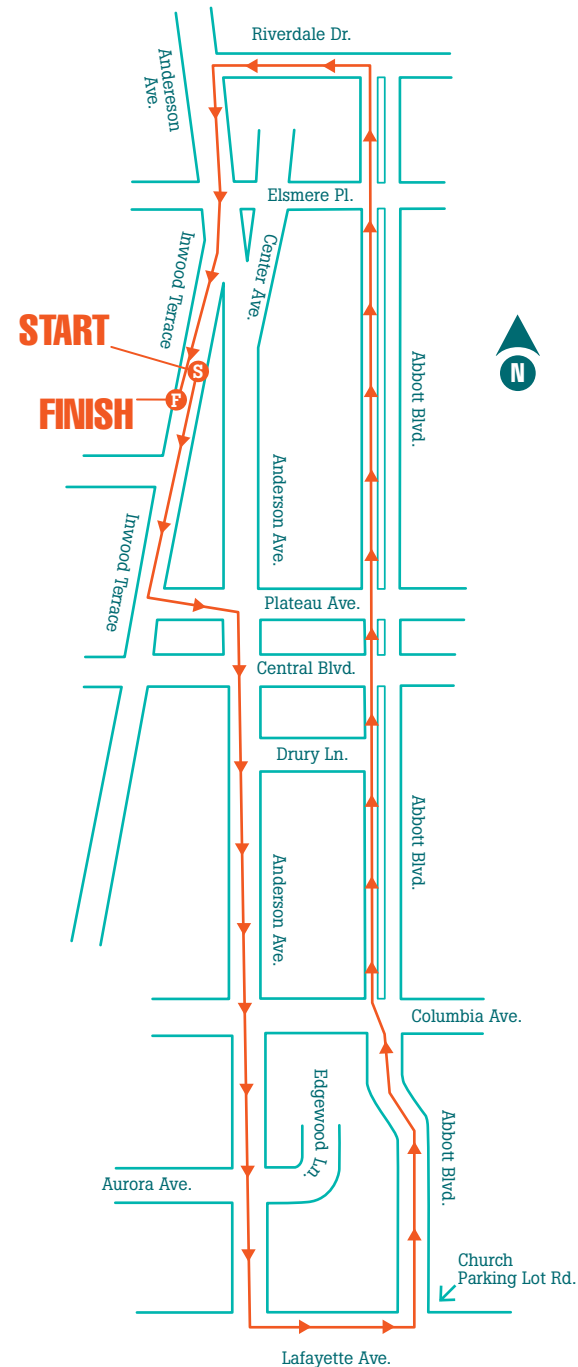


Race Coordination by RaceFaster

10K COURSE MAP



5K COURSE MAP



Run *the* PALISADES

6th Annual
5K & 10K
Run / Walk
PLUS KIDS FUN RUN
AND HEALTH EXPO!

SUNDAY, MAY 18, 2014
FORT LEE & CLIFFSIDE PARK



The Diabetes Foundation, Inc.
is a 501(c)3 recognized charitable organization

JOIN US on a 5K / 10K run or walk and Kids Fun Run through Fort Lee NJ and Cliffside Park to benefit the Diabetes Foundation

WHEN
Sunday, May 18, 2014

- 7:00 am: Registration & Check-In Opens
- 8:45am Opening And Line Up for 5K
- 9:00 am – Health Expo Opens at Fort Lee Community Center
- **9:00 am Kids Fun Run**
- **9:30 am 5K Race Start** (all walkers behind runners)
- **10:00am 10K Race Start**
- 11:00am – Awards Ceremony
- 12:30pm – Health Expo Closes

WHERE
Fort Lee Community Center
1355 Inwood Terrace, Fort Lee, NJ

REGISTRATION
■ www.runthepalisades.org
■ or send in the attached application

ENTRY FEES
■ 5K Run/Walk: \$25 (USATF Members \$22); (\$30 Day of Event)
■ 10K Run: \$30 (USATF Members \$27); (\$35 Day of Event)
■ Students: \$20 for either race (18 & under)
■ Kids Fun Run: \$10

LENGTH
5 Kilometers (3.1 Miles)
10 Kilometers (6.2 Miles)
Through The Towns Of Fort Lee & Cliffside Park
USATF Certified Courses – Flat & Fast

AWARDS
■ Top Overall M/F 10K and 5K Participants
■ Age group awards
■ Top Team Award

All pre-registered participants receive a t-shirt; as available to sign-ups on day of event

REFRESHMENTS AVAILABLE ALL MORNING
Bag Check Available

**THE DIABETES FOUNDATION
FOCUSES ON THESE MAIN AREAS:**

MEDICAL ASSISTANCE: The DFI provides diabetes medications and supplies to uninsured, underinsured, low-income people with diabetes, assuring that they are able to care for their diabetes while they secure more long-term aid from other sources. Bridging this gap and allowing the patient to be compliant with their medications helps avoid many of the complications associated with the disease and will reduce visits to the emergency rooms and hospital stays, therefore, reducing healthcare costs. ***The DFI is the only agency in New Jersey providing this short –term medical assistance to diabetics in need.***

PATIENT SUPPORT SERVICES: DFI staff, interns and volunteers connect with patients to provide educational information and resources for them to move forward, letting them know that they are not alone in the process. Follow up with patients receiving DFI assistance is critical to ensuring that long-term assistance is established before their medications run out.

DIABETES PUBLIC EDUCATION: The DFI provides up-to-date information on diabetes and its complications, helping patients gain a better understanding of how to achieve and maintain a healthier life. Led by healthcare professionals addressing prevention, nutrition, diet, exercise, and management of the disease, these no cost education programs and health expos are held in many areas throughout the state.

CAMP SCHOLARSHIPS: The DFI provides the funding to send needy children from the tri-state area to Camp Nejeda, a co-ed diabetes camp in Sussex County, NJ. The opportunity to spend time with peers, enjoy traditional camp activities and learn more about how to take care of their condition has an enormous positive impact on the lives of children with diabetes – a few weeks of not feeling “different” than anyone else.

THE DIABETES FOUNDATION, INC. (DFI)
is dedicated to improving the care and quality of life for children and adults with diabetes. The DFI was incorporated in 1990, to provide assistance to people with diabetes throughout the state of New Jersey. With diabetes now reaching epidemic proportions and the rate of obesity and diabetes in New Jersey among the highest in the nation, we serve a population that lives day-to-day with this serious chronic disorder.

Health Expo

Join us from 9:00 am - 12:30 pm

- Located at the Fort Lee Community Center
- Providing basic preventative medicine information
- Vendors and exhibitors on all aspects of health, wellness, fitness & lifestyle improvements
- Local hospitals offering information and screenings
- Special focus on living with diabetes as well as preventing the disease
- Opportunity to talk to diabetes specialists
- Nutrition, diet and exercise ideas
- Screenings:
 - Blood sugar
 - Blood pressure
 - Cholesterol
 - Eyes
 - And more...

Be sure to stop in!

MAKE A REAL IMPACT!


CREATE YOUR OWN FUNDRAISING PAGE!

GET TOGETHER A TEAM!

A cinch to set up, this handy pledge page makes it easy for family and friends to support your participation and help the DFI raise funds.

VISIT: www.runthepalisades.org

Our Sponsors listing is shown on our website and is constantly being updated! Please patronize them.



2014
5k 10K
ENTRY
FORM

Run the
PALISADES

Register Online: www.runthepalisades.org,
or send entry below with check made payable to:
Diabetes Foundation, Inc.

Entry Fee: 5K Run/Walk: \$25 (USATF members \$22)
• **\$30 Day of Event** • **10K Run/Walk: \$30** (USATF members \$27) • **\$35 Day of Event** • **Students:** \$20 for either race (18 and under) • **Kids Fun Run** • **\$10**

LAST NAME		FIRST NAME	
EMAIL			
STREET			
CITY			
STATE		ZIP	
PHONE		2014 USATF #	
TEAM NAME (if applicable)			
AGE ON DAY OF RACE		BIRTH DATE	

Which Race: (check one) ☐ 5K ☐ 10K

Age Group: (check one)
☐ 14 & Under ☐ 20-29 ☐ 40-49 ☐ 60-69
☐ 15-19 ☐ 30-39 ☐ 50-59 ☐ 70+

Sex: ☐ M ☐ F

T-Shirt Size: (check one)
☐ S ☐ M ☐ L ☐ XL ☐ XXL

Payment Method: (check one) ☐ Check Enclosed
☐ AMEX ☐ Visa ☐ MasterCard ☐ Discover

CARD NO. _____ EXP _____

SIGNATURE _____

WAIVER RELEASE: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators, waive and release any claims I may have against the Diabetes Foundation Inc., the Borough of Fort Lee and the Borough of Cliffside Park for injury or damage which may occur due to my participation in this race.

SIGNATURE _____

Mail To: 13 Sunflower Avenue, Paramus, NJ 07652