



In Commemoration of National Women's Health Week

# WOMEN'S HEART FOUNDATION

**PRESENTS:**

## 5th Annual

# Run For Mom

## SUNDAY, MAY 11, 2008

MERCER COUNTY PARK - MARINA, WEST WINDSOR TWP, NJ

Rain or shine

### 5k Run/Walk, 1-mi Health Walk

## MOTHER'S DAY EVENT

Registration begins at 8:00 A.M.; Health Walk 9:00 A.M.; Run 10:00 A.M.

**Entry fees:**

**Run/Walk \$22**

*(\$27 on Race Day. Fee waived if you raise \$125 in donations.)*

**1-mi Family Health Walk \$25 /\$10 individual**

*(Free to 5 k pre-registered 5k participants)*

**Free T-shirt to first 200 pre-registered 5k attendees**

**Cash Prizes to Top Male and Top Female finishers**

**Plaque to Top Corporate Team** *(most participants)*

**Amenities:**

**Door prizes, T-Shirt, Post-race Buffet, Music and DJ, Fitness Trainer led warm-ups Refurbished Jewelry Sales with 100% of proceeds benefit WHF Professional Race Management & Scoring**

The Women's Heart Foundation (WHF), the only Non Governmental Organization that designs and implements heart disease prevention programs, has been the front-runner for women and heart disease awareness since 1988. Its internationally acclaimed Teen Esteem Health and Fitness Program at Trenton High just entered its 4th year with research demonstrating this all-girl gym-alternative can promote healthy lifestyle choices, reduce risk factors for diabetes and heart disease and keep kids in school to graduate. The number of overweight and obese teens has tripled in the past 10 years. Join us Mother's Day for a family fitness activity to combat inactive lifestyles and support WHF's prevention and wellness mission. Help us fight this serious health threat. All donations to the WHF are used for education, wellness and prevention programs.

WHF is pleased to promote the WOMAN Challenge, a walking program for women and girls that starts Mother's Day. Go to [www.womenshealth.gov/woman](http://www.womenshealth.gov/woman) and sign up TODAY! Take care of your heart©.

Sponsored by:



**DHHS Region II  
Office on  
Women's  
Health**



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[www.WomensHeart.org](http://www.WomensHeart.org)



Timing & Scoring  
by LM Sports

Race Management  
by Larry Baldasari

Download Registration Form,  
Team Roster, Donations and  
Event Sponsor forms  
at [www.runformom.org](http://www.runformom.org)

or  
Pay online  
at [www.ACTIVE.com](http://www.ACTIVE.com)

or  
Mail entry fees to:  
Women's Heart Foundation  
PO Box 7827  
West Trenton, NJ 08628

Questions?  
Call 609.771.9600  
Email company logo to:  
[bonnie@womensheart.org](mailto:bonnie@womensheart.org)