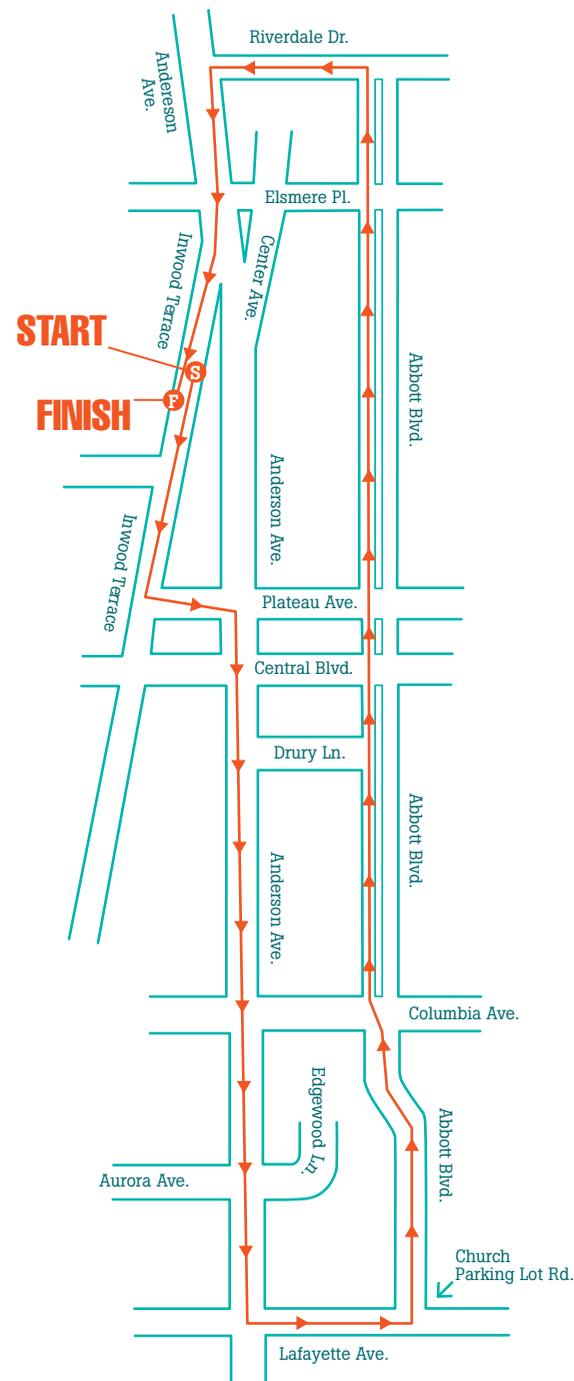
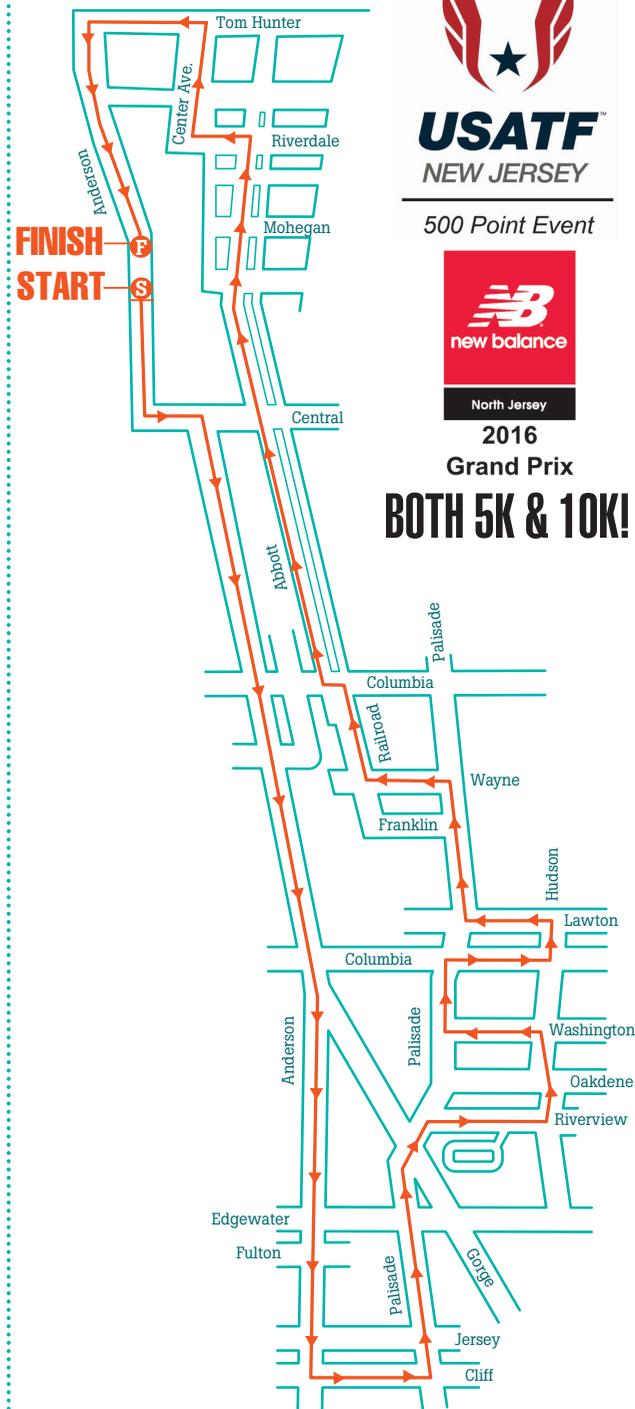


5K COURSE MAP



10K COURSE MAP



USATF
NEW JERSEY

500 Point Event



North Jersey

2016

Grand Prix

BOTH 5K & 10K!

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

For Registration
Information Contact:
RTP@barwickgroup.com



973-305-8326



Run
the
PALISADES
8th Annual
5K & 10K
Run / Walk

PLUS
KIDS FUN RUN

SUNDAY, MAY 15, 2016

FORT LEE & CLIFFSIDE PARK

runthepalisades.org

to benefit the



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

JOIN US on a 5K Run or Walk; a 10K Run; or, a Kids Fun Run through Fort Lee and Cliffside Park to benefit the Diabetes Foundation – helping people throughout New Jersey.

WHEN

Sunday, May 15, 2016

- 7:00am- Registration & Check-In Opens
- 9:00am- Kids Fun Run
- 9:15am- Opening Remarks / Health Expo Opens
- **9:30am- 5K Race Start**
(all walkers behind runners)
- **10:00am- 10K Race Start**
- 10:45am- 5K Awards Ceremony
- 11:30pm- 10K Awards Ceremony

WHERE

Fort Lee Community Center
1355 Inwood Terrace, Fort Lee, NJ
(see website for directions & parking)

REGISTRATION OPTIONS

- Online: www.runthepalisades.org
- Mail Entry Form: Barwick Group/Run the Palisades – 576 Valley Road, Box #253, Wayne, NJ 07470
(Make checks payable to: Diabetes Foundation, Inc.)

ENTRY FEES

- 5K Run/Walk: \$25 (USATF-NJ Members \$22); (\$30 Day of Event)
- 10K Run: \$30 (USATF-NJ Members \$27); (\$35 Day of Event)
- Students: \$20 for either race (18 & under)
- Kids Fun Run: \$10 (12 & under)

EVENTS

Kids Fun Run – for 12 & under
5 Kilometers (3.1 Miles) – Run or Walk
10 Kilometers (6.2 Miles) – Runners Only
USATF Certified Courses –
Offering 500 USATF-NJ Grand Prix points
Baby joggers welcome, but please, no pets!

AWARDS (5K & 10K)

- Top 3 Overall M/F
- Top 3 M/F in 5 year age groups
- Top 3 Teams (co-ed)

GREAT GOODY BAGS/ LOTS OF REFRESHMENTS

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 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 people with diabetes.**

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 medication 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 lifestyle. 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 funding to send children in need from the tri-state area to Camp Neveda, 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.

Events for All

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

Run the Palisades will also offer fun, educational and interactive activities for the whole family to enjoy before, during and after the race! These activities will help you gain the tools needed to live healthier each day, with or without diabetes!

■ **FREE Health Screenings and Body Treatments!**

Check your blood pressure, blood sugar, cholesterol, vision and more ~ Assess your risk for diabetes ~ Relieve those tired muscles after the race with a massage or hand treatment.

■ **Loads of Valuable Diabetes Information!!**

Know Your Risk * Learn About Prevention * Have Diabetes? Manage Your Disease

■ **Cooking Demos, Recipes, Healthy Snacks and Food Samples!**

Try some heart healthy, diabetes-friendly breads, smoothies and new snack ideas that taste great without the guilt!

■ **FREE Fitness Assessments, Health Club Passes and Contests!**

Learn your body mass index, test your strength with the latest fitness equipment, and compete in a fun beginner CrossFit competition for some great prizes!

MAKE A REAL IMPACT!
.....
CREATE YOUR OWN FUNDRAISING PAGE!
OR
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.



Register Online by 5/12/16: www.runthepalisades.org or send entry below by 5/10/2016 to

Barwick Group/Run the Palisades
576 Valley Road #253
Wayne, NJ 07470
(Make checks payable to: Diabetes Foundation, Inc.)

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

Which Race: (check one) 5K 10K Kids Fun Run

FIRST NAME _____

LAST NAME _____

AGE ON DAY OF RACE _____ BIRTH DATE _____

Sex: M F

EMAIL _____

STREET _____

CITY _____

STATE _____ ZIP _____

PHONE _____ 2016 USATF-NJ # _____

TEAM NAME (if applicable) _____

T-Shirt Size: (check one)

S M L XL XXL

SHIRTS GUARANTEED TO PRE-REGISTRANTS; WHILE SUPPLIES LAST DAY OF EVENT - KIDS FUN RUN DOES NOT INCLUDE TEE SHIRT

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 Diabetes Foundation Inc., Team Incorporated d/b/a Barwick Group, Borough of Cliffside Park, Borough of Fort Lee, USA Track & Field and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in Run the Palisades events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the race officials' instructions/decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course; and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address I agree to receive emails regarding this or similar events by DFI / Team Incorporated d/b/a Barwick Group. I grant full permission to use any photos, video, recording, or other record of my attendance at this event for legitimate purposes without compensation or remuneration.

SIGNATURE: _____ DATE: _____

SIGNATURE OF PARENT IF UNDER 18: _____

PLEASE CUT ALONG DOTTED LINE