



# Jingle Bell®

Run/Walk for Arthritis

**NEW JERSEY 2009**

**SAVE THE DATE!**

Arthritis Foundation®



## 5-K HOLIDAY RUN/WALK

Help Beat Arthritis - The Most Common Cause of Disability in the United States

### METUCHEN, NJ

**SUNDAY, DECEMBER 6, 2009**

START/FINISH LINE  
NOVITA BISTRO & LOUNGE  
25 New Street  
Metuchen, NJ  
Contact: Miriam Altomonte  
t: 732.283.4300 X 320

### LAKE COMO, NJ

**SATURDAY, DECEMBER 12, 2009**

START/FINISH LINE  
BAR ANTICIPATION  
703-5 Sixteenth Avenue  
Lake Como, NJ  
Contact: Darra Lipper  
t: 732.283.4300 X 331

### PENNSAUKEN, NJ

**SATURDAY, DECEMBER 12, 2009**

START/FINISH LINE  
CAMDEN COUNTY BOAT HOUSE  
At Cooper River  
7050 North Park Drive  
Pennsauken, NJ  
Awards: CONNIE MAC'S BAR & LOUNGE  
Contact: Kaitlyn Woods  
t: 856.616.8000

### JERSEY CITY, NJ

**NEWPORT TOWN SQUARE**  
**SUNDAY, DECEMBER 13, 2009**

START/FINISH  
NEWPORT SWIM  
& FITNESS/RUNNERS HIGH  
35 River Drive South, Jersey City  
Awards: CHILI'S GRILL & BAR  
425 Washington Boulevard  
Contact: Miriam Altomonte  
t: 732.283.4300 X 320

### ENTRY FEES

\$20 till November 6  
\$25 starts November 7

### REGISTER ONLINE

Arthritis.org  
Keyword: New Jersey

### MORE INFORMATION

Contact: Miriam Altomonte  
732.283.4300 x 320  
maltomonte@arthritis.org

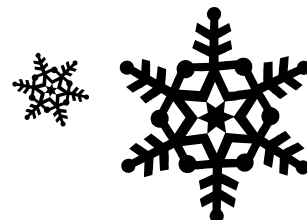
### AWARDS & PRIZES

- Top 3 Men & 3 Women in age group categories
- Top Fundraising Family Team
- Top Fundraising Corporate Team
- Largest Family Team
- Largest Corporate Team

**Our Mission is To Improve Lives Through Leadership in the Prevention, Control and Cure of Arthritis and Related Diseases**

### NEW JERSEY CHAPTER

200 Middlesex Turnpike—Suites 201 & 202  
Iselin, NJ 08830-2000  
t: 732.283.4300 f: 732.283.4633





This holiday season, the sounds of thousands of bells will ring through the air as people across the country tie jingle bells to their sneakers and join in the **Jingle Bell Run/Walk for Arthritis**. The Jingle Bell Run/Walk is a national signature event for the Arthritis Foundation where thousands of people come together to run, walk, and raise money to help fight Arthritis in more than 200 cities. However, it is more than just a 5K run/walk, it's a festive, holiday-themed event with costume contests, dog walks, and kiddie runs with ol' Saint Nick leading the way!

#### Each participant will receive:

- A Jingle Bell Run/Walk T-shirt
- Bells for your shoes
- "Beat the Cold" Goodie Bag
- Food and Drinks
- Awards Reception



#### Please read, sign and send...

I hereby certify that I \_\_\_\_\_, understand and will comply with all rules and regulations listed for the Arthritis Foundation New Jersey Chapter in conjunction with the Jingle Bell Run/Walk for Arthritis. I also understand that neither the Arthritis foundation, sponsors, other organizations and persons connected with this event, be held responsible for any injuries which me or my child may incur while taking part in this event, or as a result thereof. Therefore, I waive any claim against all of those listed above or in any affiliation with the Arthritis Foundation, for damages to my person, child or property.

- ☐ My child and I are in proper physical condition to participate in this event.
- ☐ I am in proper physical condition to participate in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature if participant is under the age of 18:

\_\_\_\_\_ Date: \_\_\_\_\_

Photos of me and/or my child(ren) can be used for marketing and promotional purposes only. ☐ Yes ☐ No

Please complete this form and mail or fax to the address and fax number listed on the front of this flyer to the Arthritis Foundation

#### Registration Fees

- ☐ \$20 Prior to: 11-6-09
- ☐ \$25 Starts: 11-7-09 through day of event

#### Please tell us about yourself ...

Do you have Arthritis or a related disease? ☐ Yes ☐ No

If yes, please list your type: \_\_\_\_\_

Please check off T-shirt size:

- ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XXL
- ☐ Youth S ☐ Youth M ☐ Youth L ☐ Youth XL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Age: \_\_\_\_\_

Gender: ☐ Male ☐ Female

Telephone

(H) \_\_\_\_\_ (W) \_\_\_\_\_

\* Please indicate the best time to call: \_\_\_\_\_ (time)

Email: \_\_\_\_\_

#### What's YOUR Fundraising Goal!

☐ My pledge goal for this year is: \$ \_\_\_\_\_

#### Please charge my registration fee as follows...

Payment type and amount of: \$ \_\_\_\_\_

☐ Cash ☐ Check ☐ MasterCard ☐ Visa ☐ Amex

Acct.#: \_\_\_\_\_

Exp: \_\_\_\_\_

Signature: \_\_\_\_\_

#### I will be participating in the following site:

- ☐ Novita Bistro & Lounge, Metuchen—12/06/09
- ☐ Bar Anticipation, Lake Como—12/12/09
- ☐ Camden County Boat House, Pennsauken—12/12/09
- ☐ Chili's Bar & Grill, Newport Town Square, Jersey City - 12/13/09

#### Be Visible...Become a Family, Group or Company Team!

Team Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Please indicate the best time to call: \_\_\_\_\_ (time)

Email: \_\_\_\_\_

**TEAM CAPTAINS:** Please send in all individual registration forms for each team member together with payments and a roster.