



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

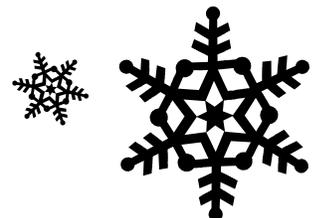
- Top 3 Men & 3 Women in age group categories
- Top Fundraising Family Team
- Top Fundraising Corporate Team
- Largest Family Team
- Largest Corporate Team

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.