

THANKS TO OUR SUPPORTING BUSINESSES



For over 60 years, Alina Lodge has been providing addiction treatment and specializes in treating the chronic relapser and those with co-occurring disorders. Haley House is a women's transitional living home offering a new beginning for women seeking recovery. NWCC is the new community centered outpatient care facility, offering a comprehensive treatment experience for families struggling with mental health and addiction.

Design—Contemporary Media Group, LLC (973) 512-3122



For more information, visit us at:
www.LittleHillFoundation.org



FEATURES:

- » Scenic Course Beginning at the Blairstown Airport
- » Fly By Fun Run for Children
- » Music & Great Giveaways
- » Scoring & Chip Timing by Tristate Timing
- » 3 Water Stops
- » Bagels, Water & Fruit at Finish Line
- » Trophies for Top Three Finishers
- » Awards for 10 Year Age Groups
- » T-Shirts & Goodie Bags (while supplies last!)
- » Beautiful Skydive Demonstration Before Race—Come Early!

Fun Run—kids out of strollers to 7 years can race like the wind! Same day registration!

USATF Certified Courses



Saturday – October 19, 2019
Blairstown Airport
36 Lambert Road - Blairstown, NJ 07825



Hosted by
Little Hill Foundation
Special Guests — Skydive Sussex!



All proceeds to Benefit
The Little Hill Foundation
operating Alina Lodge, Haley House & North Warren Counseling Center

SATURDAY – OCTOBER 19, 2019 AT 9:30 AM

120 MEDALS FOR MALE/FEMALE: 11 and under, 12-14, 15-19, then 10 YR AGE GROUPS 20 - 80+
Top Three Largest Team Awards—Strollers welcome, no pets please!
Participants receive **SHORT SLEEVE T-SHIRTS & GOODY BAG** while supplies last
Start/Finish - next to the Glider Area. Parking is at the entrance of the Blirstown Airport

5K/5 MILE REGISTRATION FEES

\$25 Early Registration (until October 12th)

\$30 (through Race Day)

Same Day Registration – 8 am - 9:15 am

\$3 Registration Discount for USATF-NJ Members (by October 10th)

\$20 Early Registration per person – Team Rate (minimum 5 non-gender specific and received by October 18th)

\$25 Regular Registration per person – Team Rate (minimum 5 non-gender specific until October 18th)

For Information, call 973-222-8748; For Online Registration, visit www.LittleHillFoundation.org

Age on Race Day _____ Birth Date ____/____/____ Male__ Female__ Shirt Size (adult) S M L XL XXL

Last Name _____ First Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Email _____

2019 USATF-NJ # _____ Corp Coed Team of 5 or more Open Coed Team of 5 or more

5K \$ _____ 5Mile \$ _____ Team Name _____

Checks Payable to: Little Hill Foundation - Attn: Renee Harman - P.O. Box G - Blirstown, NJ 07825

Payment Enclosed: Cash _____ Check # _____

Credit Card _____ Donation _____

Signature _____ Date _____ Bib # _____

(Parent or Guardian for child under 18)

In consideration of your acceptance in the Up, Up & Away 5K/5 Mile, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administration, waive and release any and all right and claims for damages, and hold harmless, any sponsoring organization (Blirstown Township, County of Warren, Little Hill Foundation and Main Street Events NJ, RunSignUp.com) and co-sponsors, their representatives, successors, agents, servants or employees, and assignees for any and all injuries suffered by me in said run. I recognize that I must be in good health and of sufficient training and experience in order to participate, and state furthermore, that my ability to participate in and successfully compete in this event has been attested to by a qualified physician or certified fitness consultant. I hereby grant permission to Up, Up & Away 5K/5 Mile to use photos that may include myself for promotion and publicity, and understand that if the Run cannot be held due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. With my signature, I acknowledge that I have read and accept these terms under which my entry is made.



BLAIRSTOWN, NJ AIRPORT
Hosted by Little Hill Foundation

5K 5 MILE

