

# alive & RUNNING

CONTACT We Care 5k

## 5K RUN/WALK

THE FIRST 400  
REGISTRANTS  
WILL RECEIVE A  
FREE T-SHIRT!

Saturday, May 17, 2014

Nomahegan Park, Cranford, NJ

9:30 RACE START

**REGISTER AT:** <http://njraces.racemine.com/ContactWeCare/Events/2014/ContactWeCare-5k>  
or go to [WWW.CONTACTWECARE.ORG](http://WWW.CONTACTWECARE.ORG) and click on "REGISTER HERE."

Packet Pick up on Race Day or at the Westfield Running Company (123 Quimby St, Westfield, NJ 07090)

**RUNNERS AND WALKERS OF ALL AGES AND ABILITIES ARE WELCOME!**

New to Running? Check out the 5K training plan offered by Westfield Running Company.  
123 Quimby St., Westfield, NJ 07090 | (908) 654-9900

For more information, call (908) 301-1899 or email [dawn.smith@contactwecare.org](mailto:dawn.smith@contactwecare.org).

**SOOTHE SOULS AND SAVE LIVES WHILE YOU RUN!**

SUPPORTED BY:

