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FUN FAMILY EVENT!

TONS OF PRIZES
AVAILABLE TO
RUNNERS AND
WALKERS!



Spruce Run Recreation Area, 68 Van Syckels Road, Clinton, NJ 08809
Saturday, September 10th, 2016; Packet Pick-Up 9AM, Race Start 9:45 AM
Come out and help us raise funds for Team Fox and the Michael J. Fox Foundation at the third annual Jim's Jog for Parkinson's Research, in memory of James J. Fielding, Jr. Runners and walkers of any age are welcome!

<p>9:00-9:45 AM Registration Opens/Package Pick-Up at Spruce Run Main Parking Lot</p> <p>9:45 AM 5K Runners Begin</p> <p>9:50 AM 5K Walkers Begin</p> <p>*Preregistered entrants who mail in registration forms by the specified deadline are guaranteed a race gift</p> <p>*Refreshments will be available post-race</p>	<p>Entry Fee:</p> <p>Advance Registration - \$25</p> <p>Race Day Registration - \$30</p> <p>Register by 9/2/2016 to guarantee a race gift</p> <p><i>One gift per preregistered entrant</i></p>
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REGISTER TODAY!

Registration Checks Payable To: Beverly Fielding*

Mail To: Jim's Jog, 23 Kalan Farm Road, Hampton, NJ 08827

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Email _____

Sex: Male Female Age _____ (on race day)

Check One: Runner Walker Adult Shirt Size (Check One): S M L XL

Yes, I would like to make an additional donation to MJFF of \$ _____

**To make additional donations: visit our website or send a separate check made payable to the Michael J. Fox Foundation and indicate Lily Fielding and Jim's Jog for Parkinson's in the memo portion of your check*

SIGNATURE: (Parent or guardian if under 18 years of age) _____

QUESTIONS? For more information, visit our website at www.jimsjog.com or contact Lily Fielding at jimsjogmiff@gmail.com or 1-(908)-537-7195

**A single donation check will be written by our organizers and 100% of net proceeds will go directly to the Michael J. Fox Foundation*