

SPORTS FITNESS & FUN

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**SATURN OF RAMSEY**

Rt. 17 South, Ramsey N.J.

201-327-2500

**FLORIDA**  
**FUN FEST**

**5K**

*Florida Fun Fest 5k*

*Ram/Dell 5k*

*To benefit the rehabilitation of*

*Bonnie Ames.*



*Florida N.Y.*

Florida Family Fun Fest 5K

P.O. Box 505.

Florida, New York 10921

To Benefit The

Rehabilitation of

Bonnie Ames - EMT

Bonnie Ames is a 21 year old EMT worker was critically injured in an ambulance accident on April 14, 2008. She sustained life changing injuries that included losing her arm and damaging her spinal cord. A lengthy rehabilitation is expected for Bonnie and her family now faces many costly medical bills.

Bonnie is a young person who wanted to spend her life helping others. Let's help Bonnie and her family by supporting the Fun Fest 5K walk/run on August 9<sup>th</sup> For more information about Bonnie or to directly donate go to

Check Out our website:

[FloridaFunFest5K.Piczo.com](http://FloridaFunFest5K.Piczo.com) for more information about the race.

## PARTICIPANTS

T - shirts will be given to walkers/runners if signed up by

August 1<sup>st</sup>

Prizes will be given to top 3 finishers in each age group

Male and Female

### Age Groups

10 and under 30-39

11-14 40-49

15-18 50-59

19-29 60& up

### Race Prices

Under 18 and over 60 before August 1<sup>st</sup> is \$12.00, after August 1<sup>st</sup> is \$17.00

Adults are \$15 before August 1<sup>st</sup> and \$20 after August 1<sup>st</sup>

### TIMING BY FAST FINISHES

#### **MUSIC AND POST RACE PARTY**

#### **PROVIDED BY LOU BALASCIO**

August 9<sup>th</sup> Pre-Registration starts at 7:00 A.M. at S.S. Seward Institute on Main Street in Florida.

Raffles will be held at the end of the race.

## **ENTRY FORM**

Makes Checks payable to: Florida Fun Fest 5K

Mail to: Florida Family Fun Fest 5K  
P.O. Box 505, Florida, New York 10921

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone: \_\_\_\_\_ Sex:  M  F

Age on race day: \_\_\_\_\_

T shirt size: S M L XL

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

In consideration of accepting this entry, I, the undersigned, intend to be legally bound, here, for myself, my heirs, executors and administrators, waive and release all rights claims for damages I may have against the Florida Fun Fest Committee and the Florida Fire House, emergency and Ambulance corps, the village of Florida, sponsors, volunteers and the directors for any and all injuries suffered by me. I further agree to save harmless and indemnify them. I attest that I am physically fit and have sufficiently treated for the competition of this race and my physical condition have been peripheries by a medical doctor. No portion of this entry fee may be tax deductible. All fees are non-refundable.

Signature \_\_\_\_\_

Parent or Guardian if under 18 \_\_\_\_\_

Race Starts at 8:00 a.m. at S. S. Seward Institute on Main Street in Florida, N.Y.  
Race Director: Amy Hallock, Assistant Race Director: Andrew Hallock 651-2564  
Volunteers and sponsors gladly accepted.