

A TRIBUTE TO VETERANS

In Vietnam, Korea and World Wars Past
Our Men Fought Bravely so Freedom Would Last
Conditions Where Not Always Best They Could Be
Fighting a Foe You Could Not Always See:

From Mountain Highs to Valley Lows
From Jungle Drops to Desert Patrols

Our Sinevy Sons Were Sent Over Seas
Far From Their Families And Far From Their Dreams
They Never Wrote Letters Of Hardships Despair
Only Of Love, Yearning That One Day Soon:

They Would Come Home, They Would Resume
And Carry On With The Rest of Their Lives

The P.O.W.'S Stood Steadfast
Against the Indignities And Cruelties Of War
They Could Not Have Lasted as Long as They Did
If They Had Relinquished Their Hope That Some Day:

They Would Come Home, They Would Resume
And Carry On the Rest Of Their Lives

Medics, Nurses, and Chaplains Alike
Did What They Needed To Bring Back Life
They Served Our Forces From Day Into Night
Not Questioning If They Would Survive:

They Mended Bones And Bodies Too,
They Soothed the Spirits of Dying Souls

And for Those M.I.A'S, Who Were Left Behind
We Echo This Message Across the Seas
We Will search For as Long As It Takes
You're Not Forgotten And Will Always Be:

In Our Hearts, In Our Prayers,
In Our Minds For All Time

A Moment of Silence, a Moment of Summons
Is Their Deliverance of Body And Soul
To a Sacred Place That We All Know
Deep In the Shrines of Our Soul:

In Our Hearts, In Our Prayers
In Our Minds For All Time

GOLD STAR MOTHERS GRIEVE: ENDLESSLY,
ENDLESSLY, ENDLESSLY...

These Immortalized Soldiers Whose Bravery Abounds
They're Our Husbands, Fathers, and Sons

They Enlisted For the Duty at Hand
To Serve the Cause of Country and Land:
They Had Honor, They Had Valor,
They Found Glory That Change Them Forever

Men Standing Tall and Proud They be
A Country Behind Them in a Solemn Sea
So Let the Flags of Freedom Fly
Unfurled in Their Majesty High:

In the Sun, In the Rain
In the Winds Across This Land

Years of Tears Has Brought Us Here
Gathering Around to Hear This Sound
So Let the Flags of Freedom Fly
Unfurled in Their Majesty High...

In the Sun, In the Rain,
In the Winds Across This Land

In the Sun, In the Rain,
In the Winds For All Time



By Jerry (Calow) Czykalowskyj Copyright 2003

Directions

From I-295 South: Take Exit 25 A, go 5 lights, and make a left onto Sycamore Lane

From The Walt Whitman Bridge: Take Rt. 42 South to I-295 South to Exit 25A, go 5 lights, and make a left onto Sycamore Lane

From the New Jersey Turnpike: Take Exit 3, proceed on Clements Bridge Road, (CR 573), turn right onto Cooper Street (CR 534), turn left onto Delsea Drive (Rt. 47), turn left onto Sycamore Lane

From 42 South: Merge onto Rt. 55 South, take the Rt. 47 exit (exit 56B), turn slight right onto Delsea Drive (Rt. 47), turn right onto Sycamore Lane

USA Track & Field Certified Course



Mayor's Wellness 7th Annual 5K Run/Walk and Kids' 1-Mile Health Walk/Fun Run



All proceeds benefit
Deptford Township
Veterans Memorial Fund



Saturday, April 25, 2015

Race Time 8:00AM

Rain or Shine



Location

FASOLA PARK
12 Sycamore Lane
Deptford, NJ 08096

Event Schedule
Rain or Shine- No Refunds

Registration	6:45AM- 7:45AM
5K Run/Walk start	8:00AM
Awards Ceremony	9:00AM
1-Mile Health Walk/Fun Run (Children Only Ages 5-12)	9:15AM

Refreshments

Race Amenities

- * All pre-registered participants will receive a t-shirt
- * Race day registrants will receive a t-shirt **(while supplies last)**
- * Post-race water and refreshments


Timing by L&M Computer Sports

Information

5K Run Age Groups

12 & under	13-15
16-19	20-29
30-39	40-49
50-59	60 & older

 **FREE REGISTRATION FOR ALL VETERANS**

Awards 

- ◆ 5K Run Overall Top Male Finisher (winner will also receive a \$250 Visa gift card)
- ◆ 5K Run Overall Top Female Finisher (winner will also receive a \$250 Visa gift card)
- ◆ Top 3 runners in each age group receive medals
- ◆ All runners finishing within 40 minutes will be eligible for awards

Register online at:
www.lmsports.com
www.deptford-nj.org

Race results will be available online after the race at:
www.lmsports.com
www.deptford-nj.org

Entry Fees (Non- Refundable)
Online Registration until 4/23/15
*** Please do not register by mail during race week ***

	Pre-Register	Day of Race
5K Run	\$ 20.00	\$ 25.00
5K Walk	\$ 10.00	\$ 15.00
1M Run/Walk	\$ 5.00	\$ 7.00

(Children Only Ages 5-12)

Runner Walker

Full Name _____

Age on Race Day _____ Sex: Male Female

Address _____

City _____ State _____ Zip _____

Email Address _____

T-shirt Size: M ___ L ___ XL ___ XXL ___

YS ___ YM ___ YL ___ YXL ___

Total Amount Enclosed: _____

Make Checks Payable :
Deptford Township
Submit registration form/fee to:
5K Run /Walk
1011 Cooper Street
Deptford, NJ 08096

Waiver: I the undersigned acknowledge that a race is a hazardous activity. I certify that I am, or my minor child is, medically able and have sufficiently trained for this event. With acceptance of this entry I do hereby, for myself and anyone entitled to act on my behalf, waive any liability against Deptford Township, volunteers, or sponsors of the event, for any injuries suffered by me in this event. I also give permission for any photos to be used from this event.

Signature _____ Date _____

