

## 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 Sinewy 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

**From I-95 South:** Take I-95 South to the New Jersey Turnpike and follow the directions for Turnpike

USA Track & Field  
Certified Course



# Deptford 5K Run/Walk for Veterans and Nemours duPont Pediatrics Kids' 1-Mile Health Walk/Fun Run

All proceeds benefit  
Deptford Township Veterans  
Commission 



Saturday, April 29, 2017

**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<br>(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](http://www.lmsports.com)  
[www.deptford-nj.org](http://www.deptford-nj.org)

Race results will be available online after the race at:  
[www.lmsports.com](http://www.lmsports.com)  
[www.deptford-nj.org](http://www.deptford-nj.org)

**Entry Fees (Non-Refundable)**  
**Online Registration until 4/27/17**  
**\* 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     |
| DTHS Students | \$ 5.00      | \$ 7.00     |
| 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 to:  
**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 \_\_\_\_\_

