

YMCA Camp Ockanickon, Inc. will once again be the setting for the 3rd Annual Gobbler 5K Run and Family Fun Walk to benefit the Strong Kids Scholarship Campaign. The course takes walkers and runners through the gorgeous trails around the beautiful lakes of Camp Ockanickon. So, whether you're an olympic runner or want to take the family for a walk, there are prizes and fun for everyone. The excitement is already building to see which runner will have the overall winning time and receive the coveted **"Mighty Pilgrim of the Pines Award."**

What a great way to work off that holiday feast and help build strong bodies. Runners and walkers will challenge themselves against the clock and the scenic tree and lake-lined paths of Camp Ockanickon. The course is both dirt road and single track. You can view the 5K course layout at [mapmyrun.com](http://www.mapmyrun.com/run/united-states/nj/campockanickon-medford-nj/747125269133475780) at: **"http://www.mapmyrun.com/run/united-states/nj/campockanickon-medford-nj/747125269133475780"**.

There will be prizes for the top three places in each category. Free refreshments will be available for all participants.

Age groups are 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older

While competing for the bragging rights of the **"Mighty Pilgrim of the Pines Award"**, you will also be helping the Strong Kids Scholarship Campaign. Your support will directly give a child the opportunity to experience YMCA Camp Ockanickon, Camp Matol-lionequay, or Lake Stockwell Day summer camps and grow in ways he or she never imagined. Our children are our future and we're proud to have you as a partner as we build strong kids, strong families and strong communities.

Mission

YMCA Camp Ockanickon, Inc. is an inter-faith, charitable association, founded on Christian principles that develop spirit, mind and body serving a broad and diverse community.

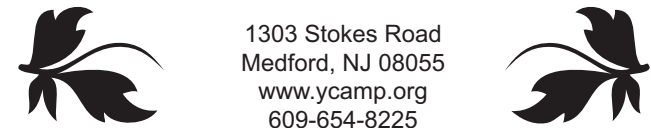


YMCA Camp Ockanickon, Inc
1303 Stokes Road
Medford, NJ 08055



November 28, 2009

Start shedding those unwanted holiday pounds !
Join in the fun and excitement of the
Gobbler 5K Run and Family Fun Walk.
A great time for every member of the family.
Do you have what it takes to be the
"Mighty Pilgrim of the Pines"?





Race Date: **Saturday, November 28, 2009**

Check In: **Camp Ockanickon Dining Hall**

Registration Time: **9:30 AM on Saturday**

Starting Time: **10:30 AM**

Please check the event you wish to participate in.
(see tear away form to the right)

Event will be held rain or shine.

Advance registration prior to November 17, 2009

Register in advance and receive a free t-shirt.

Team Challenge

The highlight of the Gobbler Run will be the "Mighty Pilgrim of the Pines Team Challenge". We are challenging all local groups, organizations and businesses to participate by entering a four person team. Enter as many teams as you would like. The winning combined team time will win the "Mighty Pilgrim Challenge Trophy."

Sponsorship Oppotunities

\$150 - Shirt Sponsor

(name and logo on shirt)

\$300 - Food and Beverage Sponsor

(name and logo on shirt, signage on day of event)

\$500 - Awards Sponsor

(name and logo on shirt, signage day of event and a table for your organization)

For more information please call 609-654-8225

Race Volunteers

We need volunteers to help with the event. Opportunities include set-up, break down, time keepers, distributing refreshments throughout the course, etc. For more information go to www.ycamp.org or call 609-654-8225

Thank you for your support.

Family Fun One Mile Walk Registration

Please fill out one per family

Cost: \$15 adults (13 & up) \$30 family living at same address \$5 Children 4 - 12 Children 3 & under FREE Max 5

First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
Additional Participants in Family					
First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
First Name: _____	Last Name: _____	Shirt Size: _____	Child M, Adult S M L XL	Age _____	Fee _____
Street Address: _____	City: _____	State: _____	Zip Code: _____	Total _____	

Fax 609-654-8895 or Mail to:
YMCA Camp Ockanickon, Inc.
1303 Stokes Road Medford, NJ 08055

Five K Run Registration

Please Fill out one form per person

Cost: \$20 adults (13 & up)

- \$25 if registering day of race for adult individual
- \$10 (age 12 & under) \$15 day of race
- \$60 a Team of four, \$ 80 a Team of four day of race

Photocopy for additional participants

First Name: (Adult) _____

Last Name: _____

Phone #: _____ Email: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Shirt Size: (Circle one) Child M, Adult S M L XL AGE: _____

Team Registration

Please complete one registration form per team member and submit entire teams' forms together with payment

Total: _____ Method of Payment:

CHECK Amount Enclosed: \$ _____ Check#: _____

CHARGE VISA MC AMEX DISC

Credit Card #: _____

Expiration Date: _____ Security Code: _____

Billing Address: _____

City: _____ State: _____

Billing Phone Number: _____

Name on Card: _____

Signature: _____

I/we understand that the YMCA is a not-for-profit organization offering programs not otherwise available. In return I/we, individually and/or as guardians of the participants involved, release and agree to hold harmless and indemnify the YMCA, its volunteers, agents, employees and officers irrespective of any negligent act or omission by the YMCA and/or those individuals arising from or related in any way to this YMCA program. I/we understand that payment is in full and that no refunds are issued for cancellation.

Parent/Guardian Signature _____

Date _____