



# 7<sup>th</sup> Annual Action for Distraction Family Fun 5K

for Bone Health Awareness & Research

**Saturday, May 4, 2019**

**Rain or Shine**

**9:00am Start - Timed 5K**

**11:00am Start - Fun 5K**



**Loantaka Brook Reservation at Kitchell Road  
Morristown, NJ**

*Proceeds to benefit Goryeb Children's Hospital  
and pediatric bone health research.*





This USATF certified course includes two races, a timed 5K run and a Family Fun 5K run/walk. Feel free to dress up as your favorite "Star Wars" character for the race and visit the "Moe's" Eisley Cantina when you finish! Shuttle buses are available to and from the parking area and event, and will run continuously throughout the day.

**Registration Fees:**

- › \$25 if registered by 4/14
- › \$30 if registered after 4/15, and on Race Day
- › USATF discount available

**For more information or to register,  
visit [actionfordistraction.com](http://actionfordistraction.com)**

**Featuring:**

-  Medals for all finishers
-  Awards for male/female Age Groups and male/female Overall Top Finishers
-  The first 250 registered racers receive a custom t-shirt
-  "Moe's" Eisley Cantina (optional)



Atlantic  
Health System

Goryeb Children's Hospital



*Support Action for Distraction, created by a child patient raising donations to help distract the 50,000 kids in pain who are treated annually at Goryeb Children's Hospital. To date, the race has raised \$130,000, and involved more than 1200 runners.*