



Action for Distraction 5K Skeleton Run

for Bone Health Awareness & Research



Saturday, October 20, 2018
9:00am Start, Rain or Shine

Central Park, 91 Central Avenue
Morris Plains, NJ

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

This is a fun, timed 5K run/walk, complete with costume contest, trick-or-treat candy aid stations, pumpkin patch and pumpkin decorating station, along with cider and donuts at the finish line!

Registration Fees:

- › \$25 if registered by 10/4
- › \$30 if registered after 10/5, and on Race Day
- › \$20 for virtual runners

**For more information or to register,
visit actionfordistraction.com**

Featuring:

-  One mile Trick-or-Treat trail fun run
-  Registration includes Ort Farms corn maze
-  Medals for all finishers
-  Series awards for Age Group, Top Finisher and Overall
-  The first 250 registered racers receive a custom long-sleeved t-shirt



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 \$100,000, and involved more than 400 runners.