

RUN OR WALK TO SUPPORT SURVIVORS OF VIOLENCE AND TRAUMA

5K EMPOWER



RUN & 1 MILE WALK

9.29.18
9AM

WASHINGTON LAKE PARK
626 HURVILLE CROSS KEYS RD., SEWELL, NJ

REGISTER AS AN INDIVIDUAL OR TEAM AT CFS5K.COM

EMPOWER 5K RUN & 1 MILE WALK: \$25 (PRE-REGISTRATION); \$30 (ON RACE DAY)
KIDS 50 YARD DASH (AGES 10 & UNDER): FREE



EVENT PROCEEDS WILL BENEFIT CENTER FOR FAMILY SERVICES' PROGRAMS FOCUSED ON SUPPORTING AND EMPOWERING MEN, WOMEN, AND CHILDREN WHO ARE SURVIVORS OF VIOLENCE AND TRAUMA.