



ALTERNATIVES INC.

dignity through independence



Sunday September 11

9:00 am

**Duke Island Park-
Bridgewater**

10K or 5k Race

1 Mile Walk

Kids Fun Run

On this day of remembrance and togetherness, bring your family and friends and join us for a beautiful day in a picturesque park! The flat and fast course provides an ample amount of shade, making it a great place to set PR's!

**Wawa Hoagies
Bagels, Cookies
Starbucks Coffee**



MUSIC

**T SHIRTS FOR
PARTICIPANTS**

FOOD

**MEDALS FOR
FINISHERS**

www.runsignup.com/Race/NJ/Bridgewater/DignityDash