

Sunday September 8th

10am start/9am registration

Duke Island Park

191 Old York Rd, Bridgewater

10K or 5k Race

Fun Walk & Kids' Dash



Bring your family and friends and join us for a beautiful day in the park as you support people with disabilities.

The flat and fast course is traffic-free and provides ample amounts of shade to challenge yourself for a great cause.

MAKE A DIFFERENCE

START A FUNDRAISER!

**VOLUNTEER FOR
SERVICE HOURS OR
AS A GOOD DEED**



**SIGN UP TO RUN, WALK
OR VOLUNTEER**

For more information go to the Dignity Dash website or contact Anita Feiner at afeiner@alternativesinc.org

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

MUSIC

**PARTICIPANT
T-SHIRTS**

**FINISHER
MEDALS**

FOOD