



# Action for Distraction 5K Skeleton Trail Run

for Bone Health Awareness & Research

**Saturday, October 19, 2019**  
**10:00am 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, Halloween candy at trick-or-treat 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

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



## Featuring:

-  One mile Trick-or-Treat trail fun run
-  Free Ort Farms corn maze passes
-  Medals for all finishers
-  Age group awards and overall Male and Female awards
-  The first 250 registered racers receive a custom long-sleeved t-shirt
-  Costume contest
-  Haunted trail



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 per race.*