



## **WHRMA Annual 5K Run/Fitness Walk Day on Saturday, November 4<sup>th</sup>**

The Watchung Hills Regional Municipal Alliance (WHRMA) invites you to participate in their Annual 5K Run and Family Fitness Walk on Saturday, November 4, 2017, at Mobus Field in Watchung.



The "WHRMA 5K Run" is a fundraiser which serves the communities of Long Hill, Green Brook, Warren and Watchung by providing Alcohol, Tobacco, and Drug Abuse (ATOD) prevention services for community citizens, schools and municipal agencies.

The WHRMA is part of a network of community-based anti-drug coalitions sponsored by New Jersey Governor's Council on Alcoholism and Drug Abuse (GCADA). "Municipal Alliances are established by municipal ordinance and engage residents, local government and law enforcement officials, schools, nonprofit organizations, the faith community, parents, youth and other allies in efforts to prevent alcoholism and drug abuse in communities throughout New Jersey. The Somerset County GCADA awards each Municipal alliance funds for prevention programs. To secure these awards the individual Alliances must raise matching funds to receive the grants from the Drug Education Demand Reduction Fund.

WHRMA provides prevention education for all; from elementary school students to our senior citizens. Our programs address:

- intervention, assessment and referral
- support to those dealing with addicted or mentally-ill loved ones
- training in our school systems, police departments, Parent Teacher Organizations etc.



We are seeking runners, walkers or contributors to participate in our WHRMA Annual 5K Run/Walk which will help support our programs for the coming year. Please consider participating in our event or becoming one of our contributors.

**WHRMA Annual 5K Run/Fitness Walk Day  
on Saturday, November 4<sup>th</sup>,  
at Watchung Lake's Mobus Field**

**For registration form e-mail [cseracka@gbtps.org](mailto:cseracka@gbtps.org)  
(subject: WHRMA Run)  
or sign-up at website: [runsignup.com](http://runsignup.com)**

**EARLY Registration ends on October 11, 2017**

**Contributors or general questions call:  
Carolyn Seracka 732-968-1051 ext. 3 or Jack Walsh 908-  
561-8883**