



**JOIN US!**

*Run the 10k or 5k Race  
Walk the 1 mile Course  
Cheer the Kid's Dash  
Volunteer*

**Sunday September 10, 2023**

**10:00 am**

**Duke Island Park-Bridgewater**

To Register or find more information go to:

<https://runsignup.com/Race/NJ/Bridgewater/DignityDash>

SCAN TO REGISTER



**Come as a team, group or on your own**

**Volunteers are also needed!**

**Come cheer on the participants, distribute water,  
assist at food and beverage stations**