



THE WATCHUNG HILLS REGIONAL
Municipal Alliance
 SERVING: —
 Warren Township
 Watchung Borough
 Long Hill Township
 Green Brook



Dear Sponsor,

In the last few decades, the misuse and abuse of Alcohol, Tobacco, & Other Drugs (ATOD's), has skyrocketed. We need to do something about it! The Watchung Hills Regional Municipal Alliance (WHRMA) is a community partnership of volunteers which serve Warren, Watchung, Green Brook, and Long Hill Townships and is part of the NJ Governor's Council on Alcoholism and Drug Abuse. The WHRMA identifies community needs and funds intervention programs within our towns for the community. We also provide support to our local police & school PTO/PTA's.

We believe that you can help us make a difference in our children's, teens and young adult's lives. Become a Watchung Hills Regional Municipal Alliance Champion (WHRMA) and support our mission to **reduce and prevent the abuse and misuse of ATOD's including opioids** in our communities of: Warren, Watchung, Green Brook, and Long Hill Townships!

According to the Centers for Disease Control and Prevention, alcohol is the most commonly used and abused drug among youth in the US. Tobacco use by teens is on the rise and on 11-1-17, the NJ legislature set a new minimum age for the purchase of tobacco and e-cigarettes to those 21 years of age and older. According to the World Health Organization, cardiovascular diseases (CVD) kill more people than any other cause of death worldwide. Tobacco use is the second leading cause of CVD, after high blood pressure, which could be attributed to harmful use of alcohol.

National research has shown that community coalitions, like the **Watchung Hills Regional Municipal Alliance** drug and tobacco misuse & abuse prevention programs when presented on a local-level, are effective approaches to curbing and preventing substance abuse, underage drinking and tobacco use, juvenile delinquency, teen pregnancy, and more. Participants in the race will learn more about the prevention of ATOD's while increasing cardiovascular health.

Help us stop the misuse and abuse of:

• prescription drugs & opioids	• underage alcohol drinking
• illicit drugs like heroin & cocaine	• underage tobacco & e-cigarette use

**Please consider being a WHRMA RACE CHAMPION and supporting the
 "The 2022 Great Pumpkin Certified 5K Run &
 Harvest Festival Family Fun Walk"
 on Saturday, October 22, 2022
 at Watchung Lake's Phillips Field.**

***Sponsor's logo/name will appear on:
 The Race day t-shirt and on the WHRMA sponsor sheet***



Level	Contributions	Champion's Name/Logo
FOUNDER	\$500.00	Large size corporate/company logo
PATRON	\$250.00	Medium size logo or name
SPONSOR	\$100.00	Corporate or personal name & minimum donation for race day table.
FRIEND	\$ 50.00	Any and all contributions are welcomed





The 2022 Great Pumpkin Certified 5K Run & Harvest Festival Family Fun Walk WHRMA Champion Contribution Form

Our 2021's race was the best ever, due to support from our partners.

2022 will be even better with your help!

Please be a sponsor that supports the youth of Somerset & Morris Counties.

Contributions are tax deductible

<input checked="" type="checkbox"/>	Level	Contributions	Our Thanks
	FOUNDER	\$500.00	Large size corporate logo
	PATRON	\$250.00	Medium size corporate
	SPONSOR	\$100.00	Corporate or personal name
	FRIEND	\$ 50.00 or desired amount	Any and all contributions are welcomed

Please place a check mark next to your contribution level

Organization Name	
Street Address	
Town & Zip Code	
Phone #	
Contact Person	
E-mail Address	

Email your camera-ready logo to whrma@warrennj.org & mail your contribution by Monday, October 10, 2022

to make sure your organizations name is on the t-shirt

Make check payable to: WHRMA

Mail to: WHRMA 46 Mountain Blvd. Warren, NJ, 07059

Runners & Walkers may register online and donations
can be made online at

www.runsignup.com/whrma5k



Questions?

Iris Alston or Alicia Carman

whrma@warrennj.org

908-753-8000 x294

