



**SUNDAY, OCTOBER 19, 2025**

**Join us for the 46<sup>th</sup> Annual Terri Roemer Paramus Run**

**Support the Paramus Scholarship Fund and The Valley Hospital's Butterflies Program for Critically Ill Children**

**REGISTER NOW FOR:**

- 10K Run
- 5K Run
- Kid's Fun Run
- Valley Hospital 5K Health Walk  
Led By Karteek Bhavsar



***Karteek Bhavsar***  
*Valley Health System Chief Operating Officer*



**THREE WAYS TO REGISTER:**

1. By QR code
2. Online at [runsignup.com](https://runsignup.com)
3. In person on Race Day



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Fairfield Inn & Suites, Paramus Park