

Presented by your Chiropractors at 734 Broadway



1st Annual Run Like Hell-th 5K

5k Road Race - 1 Mile Walk - Kids' Dashes

Sunday - April 3, 2011
 Stephen R. Gregg - Bayonne Park
 (Hudson County Park)
 Bayonne, NJ

Schedule Of Events

- 8:00am Registration Opens
- 9:00am 1M Walk
- 9:30am 5K Run
- 10:15am Kids' Dashes(11 & younger)
- 10:30am Awards Ceremony

Awards

- 5K Road Race
- Overall - 1st, 2nd, 3rd (male/female)
- 5 Year Age Groups - 1st, 2nd, 3rd (m/f)
- Ribbons to all Kid Dashers

Entry Fees

- | | |
|--------------------|----------------|
| 5K Road Race | \$20 Pre-Entry |
| 5K USATF-NJ Member | \$18 Pre-Entry |
| 1 Mile Walk | \$20 Pre-Entry |
| 5K Road Race | \$25 Event Day |
| 1 Mile Walk | \$25 Event Day |
| Kids' Dashes | \$5 Pre & Post |

*Pre-entry due by 4/1 online or 3/31 by mail
 *Shirts are guaranteed to pre-registrants and while supplies last on event day.

FEATURING

- No Online Processing Fees
- Custom Shirt
- Clocks at Every Mile
- Courses all in the Park
- Kids Activities & Dashes
- Massage Therapists
- Chiropractic Evaluations
- Nervous System Scans
- Nutritional Co. Displays
- Post-race fruit, veggies, and bagels
- Coffee and Hot Chocolate



Sports A/R Hotline:
 call 908-245-3000

Register Online at

PracticeHard.com
 No Processing Fee

2011 Hell-th 5K & 1 Mile Wellness Walk

Make Check Payable & Mail To: Friends of Special Children
 546 E. Curtis St. Linden, NJ 07036

FIRST NAME					
LAST NAME					
BIRTH DATE	AGE	SEX			
EVENT	<input type="checkbox"/> 5K Run <input type="checkbox"/> 1 Mile <input type="checkbox"/> Kids' Dash		Shirt Size - Choose One		
	YM	YL	M	L	XL

STREET		
CITY		
STATE	ZIP	
PHONE		
E-MAIL		
2011 USATF#		

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Sports A.R., LLC, Family Chiropractic Center of Bayonne, and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in the Run like Hell-th 5K run, 1M walk and kids' dashes for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I understand that my entry fee is non-refundable.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18