

3rd Annual Run Like Hell-th 5K & 1 Mile Wellness Walk

Sunday - April 7, 2013
Stephen R. Gregg - Bayonne Park
(Hudson County Park)
Bayonne, NJ
 9:00 a.m. - 1M 9:30 a.m. - 5K
 10:15 a.m. - Kids Dashes

*Presented by your Chiropractors at 734 Broadway
 for the benefit of
 Friends of Special Children - Bayonne, NJ*

FEATURING	5K ROAD RACE	Custom Event Shirts
	1M WALK	Courses all in the Park
	KIDS' DASHES	Kids Activities & Dashes
		Massage Therapists
		Chiropractic, Stress, & Nervous System Evaluations
		Nutritional Co. Displays
		Enjoy fruit, veggies, bagels, coffee, and hot chocolate

Register Online at

PracticeHard.com



Sports A/R
 253 W. Westfield Ave.
 Roselle Park, NJ 07204

2013 Run Like Hell-th

Make Check Payable & Mail To: Friends of Special Children
 253 W. Westfield Ave., Roselle Park, NJ 07204

FIRST NAME					
LAST NAME					
BIRTH DATE	AGE AT Event	S	X		
<input type="checkbox"/> 5K Run	<input type="checkbox"/> Kids Dash	Shirt Size - Choose One			
<input type="checkbox"/> 1M Walk		YM	YL	S	M
				L	XL

STREET					
CITY					
STATE	ZIP				
PHONE					
E-MAIL					
2013 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 Action Reaction, LLC, Family Chiropractic Center of Bayonne, City of Bayonne, and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in the Run Like Hell-th events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the instructions/decisions of the race officials and understand that safety is the top priority of this event. I understand that my entry fee is non-refundable. I understand that dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course. Baby joggers will only be allowed on the 1M Walk course and not the 5K course for safety reasons.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

Run Like Hell-th 5K & 1 Mile Wellness Walk

Sunday - April 7, 2013
Bayonne, NJ

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for the benefit of
Friends of Special Children - Bayonne, NJ

Schedule

8:00am Registration Opens
9:00am 1 Mile Wellness Walk
9:30am 5K Road Race
10:15am Kids' Dashes (11 & younger)
10:30am Awards Ceremony
Rain or Shine

Events

- *5K & 1M courses are entirely in park and on city pathways - NO TRAFFIC!
- *Enjoy a flat & fast course along the Bayonne waterfront.
- *5K course is USATF certified and a 500 point USATF-NJ Grand Prix event.
- *Kids' Dashes are held on the grass.

Awards

5K Run: Top 3 Overall (Male & Female)
Top 3 in 5-yr age groups (M/F)
(14 & under, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
70-74, 75-79, 80-84, 85+)
Ribbons to all Kids' Dashers

 Register Online at

PracticeHard.com

Pre-entry with Shirt:
5K or 1M - \$22; 5K/USATF-NJ - \$19
Kids' Dashes - \$10

Event Day (shirts while they last):
5K or 1M - \$28, Kids' Dashes - \$10
Cash or check only on event day.

*Online registration closes on 4/5;
mail deadline is 4/4.



Contact

Sports A/R Hotline: 908-245-3000
Sponsorship opportunities: 201-858-0444



Directions

Location: Stephen R. Gregg - Bayonne Park,
Avenue A, 37th Street north to 48th Street,
Bayonne, Hudson County

Take the NJ Turnpike to exit 14A. Proceed
straight out of the toll plaza down Avenue E.
Make a right at 48th Street, and go 4 blocks
to the north entrance of the park. Follow signs.

**A healthy and fun-filled
day for the whole FAMILY!**

5K Race 1M Walk Kids' Dashes

Enjoy these great HEALTHY extras:
Massage Therapists
Chiropractic Evaluations
Nervous System Evaluations
Stress Evaluations
Nutritional Co. Displays

Delicious and NUTRITIOUS!
Enjoy post-race fruit, veggies, bagels,
coffee, and hot chocolate.

Fun Activities for the Kids!

Thank you to our sponsors including:

BCB
COMMUNITY BANK

