

4th Annual Run Like Hell-th 5K & 1 Mile Wellness Walk




Saturday - April 19, 2014
 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

Run along the Bayonne waterfront!
A healthy and fun-filled day
for the entire FAMILY!

Featuring	5K ROAD RACE	Traffic-free Scenic Courses
	1M WALK	Run Like Hell-th Tee
	KIDS' DASH	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



**Presented by your Chiropractors at 734 Broadway
 for the benefit of Friends of Special Children**



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

2014 Run Like Hell-th Rain or Shine!

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"/> 1M Walk	S	M	L	XL
<input type="checkbox"/> Kids Dash					2X

STREET					
CITY					
STATE	ZIP				
PHONE					
E-MAIL					
2014 USATF-NJ#					

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, County of Hudson, 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 race officials' instructions/decisions. I understand safety is the top priority of this event; dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course, and my entry fee is non-refundable for any/all reasons including unavoidable event cancellation/rescheduling. By providing my email address I agree to receive emails regarding this or similar events by the organizers. I grant full permission to use any photos, video, recording, or other record of my attendance at this event for legitimate purposes without compensation or remuneration. 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

Saturday - April 19, 2014
Stephen R. Gregg Park, Bayonne
Shine or Rain!

**Presented by your Chiropractors at 734 Broadway
for the benefit of Friends of Special Children**

Schedule

8:00am Registration Opens
9:00am 1M Wellness Walk
9:30am 5K Road Race
10:15am Kids' Dashes
10:30am Awards Ceremony

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
for kids 11 & younger.

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

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

*Online registration closes on 4/17;
mail deadline is 4/14.

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

 Register Online at

PracticeHard.com



Like us on



Contact

Sports A/R Hotline: 908-245-3000
tears@practicehard.com
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

