

# 7th Annual Mother's Day 5K Run/Walk

## T-Shirts

To all pre-registered participants



## Refreshments



*To benefit the YMCA's Strong Kids Campaign*

**Date:** Sun. May 11<sup>th</sup> @ 9:00 AM (registration 7:30-8:30)

**Place:** Memorial Park Berkeley Heights, NJ

**Cost:** \$16.00 before April 30<sup>th</sup> \$20.00 thereafter

**Awards:** Special Mother's Awards, M/F overall, M/F (3 deep) 19 & under, 20-29, 30-39, 40-49, 50-59, 60 and over

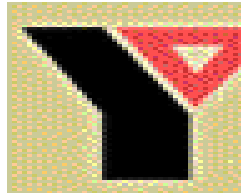
**Race Course:** Will start and finish behind Memorial Park.

**Timing:** www.bestrace.com

Register online:



**-In the center of Berkeley Heights.  
(Plainfield & Park Avenues)**



**-Off of exit 41 Rte 78**

Name \_\_\_\_\_ Age on 5/13/07 \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ Circle if running as: Mother/Son    Mother/Daughter

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

T-Shirt Size S \_\_\_ M \_\_\_ L \_\_\_

The YMCA, the Town of Berkeley Heights, their leaders, officers, sponsors and/or anyone else connected with the race shall not be liable for any injuries, illness, loss or damage to any person or property as a result in participation of this race. Each participant assumes the risk associated with a running event. I release any and all liability attributable in any legal way to the aforementioned groups. I Attest to the best of my knowledge that I am physically fit and am able to compete in the Mother's Day 5K.

Please Sign (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make Check payable and mail to: YMCA  
C/O Tom Metzler  
550 Springfield Ave, Berkeley Hts, NJ 07922  
Visit our Web Site [www.summitareaymca.org](http://www.summitareaymca.org)  
908-464-8373

