



The Eighth Annual 5K  
**Firehouse Pizza Run**

To Benefit  
**CHESHIRE HOME**  
FLORHAM PARK



**Saturday, May 19, 2007**  
**Madison High School**

**8 a.m.** Registration and Check-In

**9 a.m.** Race Begins

Call (973) 377-9531



**CHESHIRE HOME**

Cheshire Home is connected, by mission, to the international organization established in 1948 in England by Lord Leonard Cheshire, a World War II R.A.F. pilot who dedicated his life to helping others less fortunate. There are now over 350 Homes and service programs worldwide, each operating independently.

The Florham Park Cheshire Home opened in 1981 as a residential and rehabilitative facility for young, physically disabled adults. A full range of rehabilitative services, including 24-hour nursing care, counseling, physical therapy, independent living skills instruction, educational and vocational programs, and cultural and recreational activities are provided.

Cheshire Home's forward-thinking approach led to the establishment of two small, community-based residences for young physically disabled adults who do not require 24-hour nursing care. Cheshire II was opened in 1986 in Parsippany, housing six tenants. Cheshire III, newly built and opened in 2003 in Florham Park, houses eight tenants. Additionally, Cheshire Home offers cutting edge programs and services to the external community to further strengthen disabled adults' independent living.

Our history of outstanding service reflects our mission to encourage independence and foster individual empowerment. Having reached our silver anniversary milestone in 2006, Cheshire Home now embarks upon its "next twenty five years." We do so with pride in our history, with gratitude to our many friends and supporters, and with a renewed commitment to the physically disabled young adults whom we're privileged to serve.



**CHESHIRE HOME, INC.**  
9 Ridgedale Avenue  
Florham Park, NJ 07932





**The Eighth Annual 5K  
Firehouse Pizza Run  
To Benefit  
CHESHIRE HOME**

FLORHAM PARK

**SATURDAY, MAY 19, 2007**  
(RAIN OR SHINE)

**THE COURSE**

USATF Certified 5K Run  
Scoring by Best Racing Systems  
Starts at Madison High School  
Through the towns of Florham Park & Madison  
Ends at Cheshire Home

**SCHEDULE OF EVENTS**

Registration and Check-In 8 a.m.  
Run Start Time 9 a.m.

**REGISTRATION**

**\$10** Runners ages under 14 by May 11  
**\$13** USATF Members Pre-Registered by May 11  
**\$15** Pre-Register by May 11  
**\$20** Post-Registration after May 11

Make checks payable to Cheshire Home Run  
9 Ridgedale Avenue, Florham Park, NJ 07932  
(973) 377-9531

**AWARDS**

Race T-Shirts to first 300 registrants

**TROPHIES**

TO 1st, 2nd & 3rd PLACE MALE AND FEMALE  
IN AGE GROUPS:  
14 and under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-69, 70 and over.

**DIRECTIONS to MADISON HIGH SCHOOL**

**FROM ROUTE 10 WEST** – Heading west on Route 10, follow the signs to Florham Park by crossing over Route 10 onto Ridgedale Ave. \*Continue on Ridgedale as it crosses over Columbia Tpke. Bear right at the light at the Amoco Station. Go over the overpass for Route 24 and continue on until you see Madison High School on the right.

**FROM ROUTE 10 EAST** – Heading east on Route 10, make a right at Novartis onto Ridgedale Ave. Follow above from \*.

**FROM NEWARK VIA SOUTH ORANGE AVE.** – Pass the Livingston Mall on your right, then Bennigans Restaurant on your left. At the first light turn left. Make a right at the stop sign. Go one block and turn left onto Ridgedale Ave. Bear right at the light at the Getty Station. Go over the overpass over Route 24 and continue on to Madison High School on the right.

**FROM ROUTE 24 WEST** – Route 24 West to exit 2A. \*Quickly get in the left lane. Follow signs for Fairleigh Dickinson Univ., Drew Univ. and the College of St. Elizabeth and turn left onto Park Avenue. Pass the College of St. Elizabeth and FDU on the right and Verizon on the left. At first light turn left onto Ridgedale Ave. Continue to Madison High School on left.

**FROM ROUTE 24 EAST** – Route 24 East to exit 2A. Follow from \* under Route 24 West directions.

**FROM MORRISTOWN** – Take Route 24 East past the Green. Route 24 becomes Route 124 East. Stay on Route 124 East, past Morristown Hospital on the left, then Fairleigh Dickinson Univ. on the left and Drew Univ. on the right. Go under train trestle and bear left to the light. Go right at light onto Ridgedale Ave. Continue until you see Madison High School on the left.

**FROM ROUTES 80 AND 287 SOUTH** – Route 80 to Route 287 South to Route 24 East to exit 2A. Follow from \* under Route 24 West directions.

**FROM ROUTE 287 NORTH** – Route 287 North to Route 24 East to exit 2A. Follow from \* under Route 24 West directions.

**FROM NJ TURNPIKE OR GARDEN STATE PARKWAY** – Get off at Route 78 West. Take 78 West to 24 West to exit 2A. Follow from \* under Route 24 West directions.

**FIREHOUSE PIZZA RUN FOR CHESHIRE HOME**

**SATURDAY, MAY 19, 2007**

**ENTRY FORM**

**\$10** Runners under 14 by May 11  
**\$13** USATF Members Pre-Registered by May 11  
**\$15** Pre-Register by May 11  
**\$20** Post-Registration after May 11

Make checks payable to Cheshire Home Run  
Mail with entry form to:  
Cheshire Home Run  
9 Ridgedale Avenue, Florham Park, NJ 07932  
(973) 377-9531

**PLEASE PRINT**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_  
(evening) \_\_\_\_\_

Sex (circle) M F

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_

2007 USATF-NJ # \_\_\_\_\_

T-Shirt Size (circle) M L XL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators and assigns, do expressly release and discharge Cheshire Home, Firehouse Pizza, USATF New Jersey and any and all sponsors, organizers, directors and volunteers, their representatives, successors, assigns, employees and members from any and all claims, demands and actions or judgements of any kind arising out of participation in this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_  
(If under 18, signature of parent or guardian)

DATE \_\_\_\_\_

