



The Ninth Annual 5K  
**Firehouse Pizza Run**  
To Benefit  
**CHESHIRE HOME**  
FLORHAM PARK



**Sunday, September 14, 2008**  
**Madison High School**

**8 a.m.** Registration and Check-In  
**9 a.m.** Race Begins

Call (973) 377-9531



**CHESHIRE HOME**  
Serving Physically Disabled Adults  
Since 1981

When you participate as a runner or a sponsor in our annual 5K race, you directly benefit our physically disabled residents, and the many programs and services that enable them to attain independence.

Established twenty-seven years ago in order to provide young, disabled adults with a residential alternative to traditional geriatric nursing homes, Cheshire Home espouses the philosophy ABLE, not IDLE.

Residents receive 24-hour nursing and personal care assistance, and full dietary and counseling services. Physical therapy, recreation, transportation, and vocational and educational training offered through our Community Resource Center provide the tools each resident needs to build a life of fulfillment.

Our commitment to providing a quality living environment for disabled men and women broadens to disabled members of our external community, and to our two small, community-based homes for disabled adults who can live more independently, Cheshire II in Parsippany, and Cheshire III in Florham Park.

We've grown quite a bit since our founding, and each year, with the support of our friends, advocates, and partners throughout the community and beyond, we will continue to serve as the premier model of cutting edge programs for physically disabled people.

**On your mark...have a wonderful race, and thank you for participating!**

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





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

FLORHAM PARK

SUNDAY, SEPTEMBER 14, 2008  
(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 September 5  
\$18 USATF Members Pre-Registered by September 5  
\$20 Pre-Register by September 5  
\$23 Post-Registration after September 5  
Walkers are Welcome

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

Race T-Shirts to first 300 registrants

Refreshments will be served

### 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 Getty 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

SUNDAY, SEPTEMBER 14, 2008

### ENTRY FORM

\$10 Runners under 14 by September 5  
\$18 USATF Members Pre-Registered by Sep. 5  
\$20 Pre-Register by September 5  
\$23 Post-Registration after September 5  
Walkers are Welcome

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) \_\_\_\_\_

Email \_\_\_\_\_

Sex (circle) M F

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

2008 USATF-NJ # \_\_\_\_\_

\_\_\_\_ I would like to receive a tour of Cheshire Home after the awards ceremony.

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 \_\_\_\_\_

