

**NORTH
PLAINFIELD**



**11TH Annual
NORTH PLAINFIELD 5K
HERITAGE RUN** *And Fitness Walk*

Saturday, October 2, 2004: 9:30am

Downtown North Plainfield- Rain or Shine

Race Day Registration:

- Begins 7:30 am at the parking lot opposite the North Plainfield Police Station.

Race Time:

- 9:30 am

Categories: (Male / Female)

- Under 19, 20-29, 30-39, 40-49, 50-59, 60 and over

Awards:

- Trophies: for overall 1st, 2nd and 3rd, Male and Female.
- Medals: for 1st, 2nd, and 3rd in each category, Male and Female.

Amenities:

- Electronic timing by Best Racing Systems
- Split times- 1&2 mile
- Runner's bag filled with goodies
- 2 mile water station
- A great T-Shirt to first 100 runners

Description:

This five-kilometer (3.1-mile) USATF sanctioned. The course is flat and fast.

The Race begins in front on the North Plainfield Police Station and winds through the historic district before returning to the finish at the Somerset Six School grounds (a short block from the police station)

Registration:

- Pre-race registration: \$15.00 (received by Sept. 25th)
- USATF members: \$13.00
- Race day registration: \$20.00
- Fitness walk: \$7.00
- 7-12 Student Discount -\$2.00 (Must have Student I.D.)

Race Hotline: (908) 756-6190

Complete the form below with check payable to North Plainfield Business Association and mail to:

NPBA c/o Italian American Club
401 Somerset Street
North Plainfield, NJ 07060

(Pre-race registration must be postmarked by September 24, 2004

Directions:

From Garden State Parkway:
North or South take exit 140A for Route 22 West.

From 287:

North or South take exit for Route 22 East.

Continue on Route 22 for approximately 7 to 10 miles to Somerset Street exit.

Eastbound Landmarks:

North Plainfield high School Field, VIP Honda turn right onto Somerset Street.

Westbound Landmarks:

East Coast Nissan, under overpass, then exit right. Stay right on to the overpass heading over Route 22. Stay left at bottom onto Somerset Street.

Go south on Somerset Street about one mile to Police Station.

REGISTRATION FORM

Last Name: _____ First Name: _____ USATF# _____ Male Female (Circle Gender)

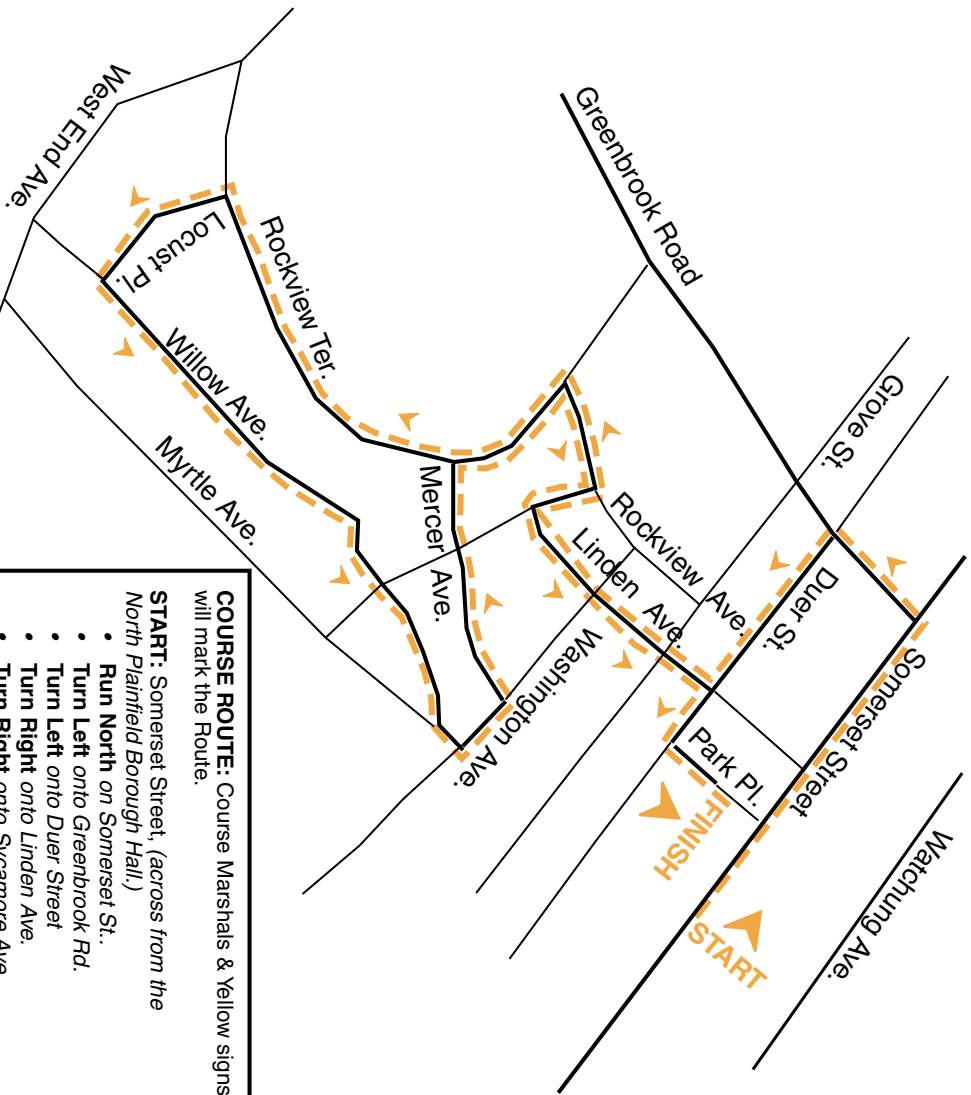
Address: _____ City: _____ St. _____ Zip _____

Area Code / Phone: _____ Age On Race Day _____ M L XL
Circle Shirt Size:

Athletes who participate in this competition may be subject to formal drug testing in accordance with USATF regulation 10 and IAAF rule 55. Athletes positive for banned substances or test refusals will be disqualified from this and future events. Some over the counter medications contain banned substances. Call USOC hotline 1-800-233-0393 for further information. By my signature below, and in consideration for being allowed to compete in the North Plainfield Heritage 5K Run, I do hereby assume all the risks of participation/competition therein, and on behalf of myself, my heirs and personal representatives, do hereby agree to hold harmless, and waive all rights of action I might have against the Borough of North Plainfield and all other persons and organizations having any part in the organization and conduct of the day's events, for any injury, loss or damage I may suffer as a result of my participation/competition and I certify that I am in proper physical condition to compete.

SIGNATURE: _____ DATE: _____
(Parental consent and signature if under 18)

North Plainfield: 5k Heritage Run Route



COURSE ROUTE: Course Marshalls & Yellow signs will mark the Route.

START: Somerset Street, (across from the North Plainfield Borough Hall.)

- Run North on Somerset St.
- Turn Left onto Greenbrook Rd.
- Turn Left onto Duer Street
- Turn Right onto Linden Ave.
- Turn Right onto Sycamore Ave.
- Turn Left onto Rockview Ave.,
- Turn Left onto Rockview Ter.
- Turn Left onto Locust Pl.
- Turn Left onto Willow Ave.
- Turn Left onto Washington Ave.
- Turn Left onto Mercer Ave.
- Turn Right onto Rockview Ter.
- Turn Right onto Sycamore Ave.
- Turn Left onto Linden Ave.
- Turn Right onto Duer St.
- Turn Left onto Park Pl.

FINISH: Park Place. (On the side of Somerset Six School)



Register Today