So	outh Plainfie	Id Alliance	bat Bat RACQUET CEN	ance Awareness		
		Pres	sent			
	The Sevent	eenth Annu	al 5K Lab	oor Day Race		
		8	ż	-		
	1.5	Mile Family				
		Monday Septe 9:15		/		
Location:	ocation: South Plainfield, NJ Start and Finish at Jost Field					
Entry Fee:	5K Race:	5K Race: \$13.00 for pre-entries received by August 24, 2007 \$15.00 day of the race				
	Fitness Walk		ay of the race	nily		
		Entry	Form	(Please detach	here)	
			e print)			
City		T'', TT / ''	State	F Age on Race Day		
In Consideration of administrators, wa	of this entry form being ac ive and release the SOUT and volunteers for any ar	ccepted, I, the undersigned	ed intend to be legall ANCE FOR SUBST	_ Date y bound hereby, my heirs, executors an ANCE AWARENESS, race supervisor t. I verify that I am physically fit for th	nd 's,	
Please mail compl	eted applications to:					
Fredrik Oberkeh C/o Kennedy Sch Attn: 5K Race ar 2900 Norwood A South Plainfield,	ool 1d Fitness Walk ve	L	\$5.00 apj Make ch	oplication fee for 5K race plication fee for the fitness walk ecks payable to: ainfield Education Foundation		
For Information						
For Information						

* Ricochet/SPASA 5K Race and 1.5 Mile Fitness Walk

* On site registration will begin at 8:15am

* Parking available in areas near the football field

* Please do not park at the field

* Race to be run the length of the parade route

* Fitness walk turn around at municipal building

Refreshments at the conclusion of the race provided by:

Poland Spring Water

Bagel Pantry

Oak Tree Farms

Awards:

\$100.00 CASH, ONE MONTH FREE MEMBERSHIP to The Club at Ricochet and trophies to overall winners, male and female.

\$50.00 gift Certificates donated by HOME DEPOT or NIKE running shoes donated by SPORTWORLD, and trophies to first place finishers in each group, male and female.

ONE MONTH FREE MEMBERSHIP to the Club at Ricochet and trophies to second place winners in each age Group, male and female.

Trophies donated by Joe Romer Trophy Shop

5K Race Age Categories:

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

<u>DIRECTIONS FROM 287</u> <u>NORTH:</u>

Take 287 North and get off at South Plainfield, Durham Ave. (Exit 4). Bear right off exit onto Durham Ave. Go to second light and bear right onto Hamilton Blvd. Stay on Hamilton Blvd., going through two lights and over a railroad track. At next light, right onto Maple Ave. and proceed to PAL/High School Football Field (on right about ³/₄ mi.) Registration is at the football field parking lot. %

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DIRECTIONS FROM 287 SOUTH:

Take 287 South to the Stelton Road/Edison Exit (Exit 5). There will be a traffic light at which you turn left onto Stelton Rd. Go to the second traffic light and make right onto Hamilton Blvd. Approximately one mile to next light make a left onto Hamilton Blvd. (same road). Proceed as above along Hamilton Blvd.

Run or walk before 10,000+ Labor Day Parade spectators

Proceeds to support drug awareness activities of the South Plainfield Alliance for Substance Awareness T-Shirts to the first 200 entrants to the 5K Race * T-Shirts to first 50 entrants to the Fitness Walk * Massages provided by Aiello Chiropractic * Scoring by Best Race Systems (www.bestrace.com)

<u>Sponsors</u>

17th Annual Ricochet / SPASA 5K Race and Family Fitness Walk

The Club at Ricochet * Sherban's Diner/Restaurant * **Glakas Cleaners** South Plainfield Liquor Store * **Domino's Pizza** * David's Stationary **K.C.'s Korner Bar and Restaurant** * Spring Lake Shell Service Center

McCrisken Home for Funerals * Joe Romer Trophy Shop * Sportworld Home Depot * Rodolfo's Pizza * Oak Tree Farms * Bagel Pantry Twin City Pharmacy * Ciccio's Pizza * Poland Spring Water Casablanca is Hair * Flanagan's Restaurant * Mohn's Florist * Buy-Rite Auto Parts Aiello Chiropractic * Presto Printing Service * South Plainfield PAL South Plainfield Alliance for Substance Awareness

South Plainfield Education Foundation