

**the Club at
Ricochet**
HEALTH & RACQUET CENTER



The Seventeenth Annual 5K Labor Day Race & 1.5 Mile Family Fitness Walk

Please Say, “NO” TO DRUGS!

- * 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

DIRECTIONS FROM 287 NORTH:

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 ¾ mi.) Registration is at the football field parking lot.

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)

Sponsors

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

*The Club at Ricochet * Sherban's Diner/Restaurant * **Giakas 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