

South Plainfield Alliance for Substance Awareness (SPASA)

along with



&



Presents

The Nineteenth Annual 5K Labor Day Race

&

1.5 Mile Family Fitness Walk

Monday September 7, 2009

9:15 am (dependant on parade marshals)

"Please Note: New Location"

Location: 2201 Plainfield Ave (South Plainfield Middle School)
South Plainfield, NJ 07080
Start and Finish near South Plainfield Middle School on Lake Street

Entry Fee: **5K Race:** **\$15.00 for pre-entries received by August 25, 2009**
\$20.00 after August 25 or day of the race
\$5.00 for students. Please register before Aug 25
(valid school ID or report card must be presented)
***Not prize eligible! Coaches please keep accurate**
lists!

1.5 Mile Fitness Walk: **\$5.00 per individual/family**

Entry Form

(Please detach here)

(Please print clearly)

Last Name _____

First Name _____ Year of Birth: _____

Mailing Address _____

City _____ State _____ Zip Code _____

Check One: 5K Race Fitness Walk Sex M F Age on Race Day

Signature _____ Date _____

Under 18 Parent Signature: _____ Date _____

In Consideration of this entry form being accepted, I, the undersigned intend to be legally bound hereby, my heirs, executors and administrators, waive and release the SOUTH PLAINFIELD ALLIANCE FOR SUBSTANCE AWARENESS, the South Plainfield Education Foundation, all race supervisors, workers, sponsors and volunteers for any and all injuries, including death, suffered by me in the said event. I verify that I am, and/or my child who is participating, is physically fit for the completion of the event.

Please mail completed applications to:

Robert Richkus
C/o Grant Elementary School

\$15.00 application donation for 5K race before 8/25 (\$20 after 8/25)
\$5.00 for students* (Valid school ID or report card must be presented)

Attn: 5K Race and Fitness Walk
305 Cromwell Place
South Plainfield, NJ 07080

***Trophy only! Not prize eligible!**
\$5.00 application donation for the fitness walk

Make checks payable to: South Plainfield Education Foundation or S.P.E.F.

Please Say, "NO" TO DRUGS!

- * Ricochet/SPASA/SPEF 5K Race and 1.5 Mile Fitness Walk
- * On site registration will begin at 8:15am
- * Limited Parking available on Lake Street past the finish line
- * Please do not park at the Middle School
- * Race to be run the length of the parade route
- * Be a part of almost 300 other participants
- * Fitness walk turn around at TBA
- * Race/walk scheduled to begin 9:15 (dependant upon parade)

Refreshments for the race provided by:

TD Bank
Bagel Pantry
Columbia Bank
Flannigan's Restaurant
Twin City Pharmacy

Awards:

Overall First Place Male & Female receives:
 \$100.00 CASH, courtesy of our **Major Corporate Sponsors** and a ONE MONTH FREE MEMBERSHIP to **The Club at Ricochet** and a trophy.

Overall winners will not receive a prize or a trophy for their individual age group.

First place:

A \$50.00 cash award donated by our **Major Corporate Sponsors**. Also a trophy to each *first place* finisher in each prize eligible group, male and female and ONE MONTH FREE MEMBERSHIP to **The Club at Ricochet**.

Second Place:

ONE MONTH FREE MEMBERSHIP **The Club at Ricochet** and a trophy to *second place* finisher in each prize eligible group, male and female.

Trophies donated by **Joe Romer Trophy Shop**

5K Race Age Categories:

- 14 & under (not prize eligible, trophy only),
- 15-19 (not prize eligible, trophy only),
- 20-29, 30-39, 40-49, 50-59, 60 & over (prize/trophy eligible)

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 four lights and over a bridge/railroad track. Continue straight (road name changes to Lakeview Ave) through next traffic light (SP Fire House on corner). Continue straight (road name changes to Plainfield Ave) pass Spring Lake Park on the right. At second light make right turn. Pass the So. Plfd Middle School on the right. Registration is on the next block on Lake Street.**

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 and

The South Plainfield Education Foundation for educational programs and scholarships

T-Shirts to the first 100 entrants to the 5K Race * T-Shirts to first 40 entrants to the Fitness Walk *

*Massages provided by Dr. Patrick M. Aiello * Scoring by Best Race Systems (www.bestrace.com)*

Sponsor Listing: 19th Annual Ricochet / SPASA & SPEF 5K Race and Family Fitness Walk

Major Corporate Sponsors



Joe Romer Trophy Shop



*South Plainfield
Funeral Home*

The Boyle Memorial Fund

Treasured Community Sponsors

*** Giakas Cleaners ***

*** Columbia Bank * Bagel Pantry ***

*** Flanagan's Restaurant * Mohn's Florist ***

*** Dr. Patrick M. Aiello * TD Bank ***

*** Hometown Heros * Presto Printing Service ***

*** Schulz Landscaping ***

Please Patronize our Local Sponsors!

Please Say, "NO" TO DRUGS!