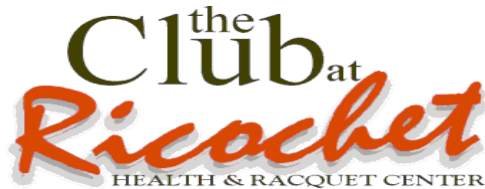


**South Plainfield Alliance for Substance Awareness (SPASA)
along with**



&



&



Presents

**The 22nd Annual 5K Labor Day Race
&
1.5 Mile Family Fitness Walk**

Monday September 3, 2012

9:30 am (dependant on parade marshals)

Please Note: Location

All Registrations will begin at 8:15 am

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 before Aug 15, 2012
\$20.00 after August 15 or day of the race
\$5.00 for students. Please register before Aug 15
(valid school ID or report card must be presented)
*Not prize eligible!
Do Not mail after Aug 15; bring in person!
Coaches please keep accurate lists!

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

Entry Form

(Please print clearly)

(Please detach here)

Last Name _____

First Name _____ Year of Birth: _____

Street Address _____

City _____ State _____ Zip Code _____

In Memory of Brayden Carr

Email address: _____

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

Attn: 5K Race and Fitness Walk, P.O. Box 733, South Plainfield, NJ 07080

\$15.00 application donation for 5K race before 8/15 (\$20 after 8/26)

\$5.00 for students* (Valid school ID or report card must be presented) *Trophy only! Not prize eligible

\$5.00 application donation per family for the fitness walk

Don't mail application after Aug 15; bring in person!

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

* On site registration will begin at 8:15am

* Limited Parking available at Grant School

* Please do not park at the High School or Middle School

* Race to be run the length of the parade route

* Be a part of almost 300 other participants

* Fitness walk turn around between Spring Lake Park and the standing clock at Monument Park.

* Race/walk scheduled to begin 9:30 am (dependant upon parade marshalls)

Please Say, "NO" TO DRUGS!

Refreshments for the race provided by: TD Bank, Bagel Pantry, Columbia Bank
Flanagan'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.

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.

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 and trophy eligible

(Awards will not be mailed)

Trophies donated by **Joe Romer Trophy Shop**

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 pre-registered entrants to the 5K Race*

* T-Shirts to first 40 entrants to the Fitness Walk *

* **Scoring by Best Race Systems (www.bestrace.com)**

Sponsor Listing: 22nd Annual Ricochet / SPASA & SPEF 5K Race and Family Fitness Walk

Major Corporate Sponsors



***SOUTH PLAINFIELD ANIMAL
HOSPITAL***

***South Plainfield Funeral Home
ERIKA LYNN FOUNDATION***

*The Brayden
Carr Foundation*

The Boyle Memorial Fund

Treasured Community Sponsors

- * Columbia Bank * Bagel Pantry *
* Flanagan's Restaurant * Mohn's Florist *
* TD Bank *
* Hometown Heros * Presto Printing Service *
* Schulz Landscaping * Park Avenue Cleaners *
* South Plainfield Funeral Home *
* The Salon Professional Academy *
* **McCriskin-Gustafson Home for Funerals** *
South Plainfield Board of Education

Please Patronize our Local Sponsors!

Please Say, "NO" TO DRUGS!

Directions from 287 North:

Take 287 North and get off at South Plainfield, Durham Ave (Exit 4). Bear right off exit onto Durham Avenue. Go to the second light and bear right onto Hamilton Blvd. *Stay on Hamilton Blvd., going through 2 lights. Continue straight – (road name changes to Lakeview Avenue at the bridge) through the next traffic light (SP Fire House on the corner). Continue straight (road name changes to Plainfield Avenue) past Spring Lake Park on the right. At the second light make a right

turn. Pass the South Plainfield Middle School on the right. Make the right onto Lake Street – registration will be set up on the left side of the school on Lake Street.

PARKING AT GRANT SCHOOL – AT THE END OF LAKE STREET ON THE LEFT.

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 Road. Take Stelton Road 2 lights to Hamilton Blvd. – make a right onto Hamilton Blvd. Take Hamilton Blvd. to the end at the traffic light – make a left (the road is still Hamilton Blvd.) Follow directions above for the remainder.