

# <sup>the</sup> Club at **Ricochet** HEALTH & RACQUET CENTER

\*RICOCHET/S.P.A.S.A.

5K RUN

1.5 MILE FITNESS WALK

\*ON SITE REGISTRATION

WILL BEGIN AT

8:15 A.M.

\*PARKING AVAILABLE

IN AREAS NEAR

FOOTBALL FIELD

DO NOT PARK AT

REGISTRATION AREA AT

FOOTBALL FIELD!!!

\*RACE TO BE RUN ON

LENGTH OF PARADE

ROUTE

\*FITNESS WALK TURN

AROUND AT MUNICIPAL

BUILDING

\*REFRESHMENTS AT END OF

RACE

DONATED BY:

Poland Spring

Water

Bagel Pantry

Oak Tree

Farms

## DIRECTIONS FROM 287 NORTH

Take 287 north get off at South Plainfield, Durham Avenue exit. Bear right off exit onto Durham Avenue. 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 miles). Registration at football field parking lot.

## DIRECTIONS FROM 287 SOUTH

Take 287 south to the Stelton Road/Edison exit. There will be a traffic light, go left onto Stelton Road. Go to the second light after the exit and make a right onto Hamilton Blvd. Approximately one mile at next light make a left onto Hamilton Blvd. (same road). Proceed as per directions from 287 North.



*Joe Romer Trophy Shop*

TROPHIES - PLAQUES - PLASTIC SIGNS - NAME TAGS  
CUSTOMIZED ENGRAVING - LOGOS



Massages by:  
Aiello Chiropratic  
Following the Race





**South Plainfield Alliance for Substance Awareness**



**Monday, September 5, 2005**

**9:15 A.M.**

**Fifteenth Annual**

**5K Labor Day Run**

**&**

**1.5 Mile Family Fitness Walk**

**LOCATION:** South Plainfield, New Jersey

Start and Finish at High School Football Field

**ENTRY FEE:** 5K Run: \$13.00 Pre-entry received by  
August 26, 2005  
\$15.00 day of run

Fitness Walk: \$5.00 for Individual or Family

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 age group, male & 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 Run

**AGE GROUPS:** 1ST MALE and FEMALE 14 and Under  
1ST MALE and FEMALE 15 to 19  
1ST MALE and FEMALE 20 to 29  
1ST MALE and FEMALE 30 to 39  
1ST MALE and FEMALE 40 to 49  
1ST MALE and FEMALE 50 to 59  
1ST MALE and FEMALE 60 AND OVER

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

\* Proceeds to support the Drug Awareness activities of the South Plainfield Alliance for Substance Awareness.

\* T-Shirt to the first 200 entrants to the 5K Run

\* T-Shirt to first 50 entrants in Fitness Walk

\* Massages by Aiello Chiropractic

\* Scoring by Best Racing Systems

\* [www.BESTRACE.com](http://www.BESTRACE.com)

