RACE INFORMATION

5:00pm.................... Registration
6:15pm.................... Kids' Dashes [12 & under]
6:30pm.................... 3K Poker Walk
7:00pm.................... 5K Run
7:45pm.................... Awards Ceremony

Register by mail or at www.PracticeHard.com
(no online processing fee)

AWARDS (MALE & FEMALE)

5K Run
1st, 2nd, 3rd Overall
Healthiest Town
School Spirit
Fastest High School Male & Female
Age Groups 14 & under/15 to 79/80 & over
(5-year age groups)

3K Poker Walk
Winning Poker Hand wins Grand Prize
Ribbons to all finishers

Kids' Dashes
Ribbons to all finishers

3K POKER WALK

Our annual 3K walk with a twist!
Collect playing cards from our dealers along the route. The walker with the winning Poker Hand wins the Grand Prize!

USA
TRACK & FIELD
NEW JERSEY
NB
North Jersey
*New Jersey
Grand Prix Event
500 Points*

RAIN OR SHINE

DIRECTIONS TO THE LEGAL RUNAROUND 5K

Where: Somerset County Court House
20 North Bridge Street, Somerville, NJ 08876

From I-287 Southbound: Take Exit 17 to Routes 202 & 206 South. Take Routes 202 & 206 South to Route 22 East. Go East on 22 to the North Bridge Street/ Somerville Exit. On North Bridge Street, go 10 blocks, through the 2nd traffic light. The Courthouse is on the left.

From I-287 Northbound: Take Exit for Route 22 West (Exit from the left lane). Proceed as from Route 22 West.

From Route 22 West: Take the Exit for Somerville. Follow it around and you will be on the overpass crossing the highway. Bear to the right. At the stop sign, make a left onto North Bridge Street. Courthouse is on the left, approximately 10 blocks.

From Route 22 East: Use Exit for North Bridge Street. Courthouse is on left, approximately 8 blocks from the highway.

WOULD YOU LIKE TO CONTRIBUTE?

If you wish to be a corporate sponsor or to make a personal donation for the Legal Runaround 5K, please contact Ann Winder at (908) 685-2323.

5K the legal runaround

ENTRY FEES (PLEASE CHECK)

☐ Race Day - All Entry Levels (Exc. Kids)........ $25
☐ 5K.. . $20
☐ 3K Poker Walk.. . $20
☐ 2011 USATF-NJ Members.......................... $18
☐ Students (under 18)...................................... $15
☐ Kids' Dashes... $5

Total Payment Enclosed $ _____

Total Donation Enclosed $ _____

_____
first name   last name

_____
date of birth   age on race day   sex

_____
street

_____
city   state   zip

_____
email   phone

T-shirt Youth Large ☐ Medium ☐ Large ☐ XL ☐

_____
2011 USATF#

_____
school affiliation (student/parent/faculty/staff/friend)

For information or to Volunteer:
908.245.3000 - www.practicehard.com

_____
signature   date

_____
signature of parent if under 18

PARTNERING WITH THE TOUR OF SOMERVILLE TO PROVIDE A FUN-FILLED FAMILY WEEKEND!
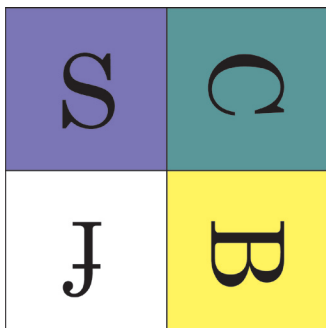
SOMERSET COUNTY BAR FOUNDATION

The Somerset County Bar Foundation was founded to promote a positive relationship between Somerset County residents and their justice system, and to provide related assistance to the community.

Since its inception, it has raised funds for legal scholarships for county residents as well as for local non-profit organizations such as:

- Middle Earth which provides at-risk youth with guidance and support;
- CASA which advocates in Court for abused children;
- DARE which provides Drug awareness and resistance education;
- Somerset Treatment Services which assists those suffering from substance abuse and related illnesses;
- Legal Services of Northwest New Jersey which provides legal assistance to those without financial means;
- NJ Orators, Inc. which helps youth learn the art of effective communication.

For more information or to find a way to get involved, please contact Ann Winder at (908) 685-2323 or cawinder@somersetbar.com.

S C
J B

WORKING FOR OUR COMMUNITY

Somerset County Bar Foundation
Post Office Box 1095
Somerville, NJ 08876

S C
J B

Sixth Annual

5K Run... 3K Poker Walk... Kids' Dashes

Thursday, May 26, 2011
7:00pm 5K Start
Somerset County Courthouse
Somerville, NJ

FEATURING

- Tee Shirt
- Food by Verve Restaurant
- DJ Music
- Random Prizes
- USATF Certified 5K Course
- 500 Point Grand Prix Event
- 50/50 Raffle

Presented by the Somerset County Bar Foundation for the benefit of Somerset County Non-Profit Agencies