

Registration Form

Please complete this application and mail to:

**ARC/Essex Building Tomorrows Race
7 Regent Street, Livingston, NJ 07039**

Race Fee Prior to 3/23/01.....\$15.00

Race Fee on Race Day.....\$20.00

Make checks payable to The ARC of Essex County.
(For walkers and runners raising \$50 or more, the race fee will be waived.)

Last Name First Name

Address

Town State Zip

Day Phone

DOB Age on Race Day

Circle One: Male or Female

T-shirt size: M L XL

(T-shirts available to all pre-registered entrants, size based on availability.)

How did you hear about this race?

- another race, magazine, Internet,
 local store, friend, ARC member,
 mailing, other (please specify) _____

Sorry, I am unable to participate, however, I am pleased to enclose a contribution of _____.

Disclaimer:

In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, The ARC of Essex County, staff, volunteers, and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form, and fully understand the terms and conditions contained herein. I further understand that entry fees are not refundable. I agree not to hold The ARC of Essex County responsible for any publicity uses concerning this event and I grant the right to use any likeness in any photographic reward of this event.

Signature _____

Date _____



Building

Tomorrows



5K RUN/2 MILE WALK

Sunday, April 1, 2001

Brookdale Park

Bloomfield, New Jersey

*To Benefit Individuals with Developmental
Disabilities in Essex County*

- Adult Training Services
- Community Residential Services
- Education
- Early Intervention
- Family Support
- Recreation

U.S. Postage
PAID
Permit #70
Non-Profit
Organization
Livingston, NJ
07039

Race Information

Event will occur rain or shine.

Course Description:

Loop, park course, primarily shaded.

Registration: 7:30 am - 9:15 am

Race start time: 9:30 am

Remember to change your clocks back the night before!

Awards: 11:00 am

Water will be available along the course at the 1.5 mile marker and at the finish line. Post race refreshments will be available.

Timing by: *On Your Mark*

Scoring by: *CompuScore*

Computerized race results for walkers and runners will be mailed.

Awards

Awards to the top three male and female finishers in the 5K run. Awards to the top three finishers in each age category both male and female.

Age categories are:

14 and under; 15-19; 20-29, 30-39; 40-49; 50-59; 60-69; and 70 and over.

Directions

From Garden State Parkway South:
Exit 151 - Watchung Avenue. Make a right off the exit ramp towards Bloomfield/Montclair. Follow to the 4th light (1.1 miles) and make a right on Grove Street. Follow .5 miles and make right into the park entrance. Parking will be down the hill on the left.

From Garden State Parkway North:
Exit 151 - Watchung Avenue. Make a left off the exit ramp. Follow to 5th light (1.2 miles) and make a right on Grove Street. Follow directions above.

Pledge Information

For individuals raising money, a separate pledge form is enclosed.

Pledge Prizes

Prize	Total Raised
\$500 Gift Certificate to your favorite store	\$5,000
\$250 Gift Certificate to your favorite store	\$2,500
\$100 Gift Certificate to your favorite store	\$1,000
ARC Sports Bag	\$500
ARC Sweatshirt Size: S M L XL XXL	\$350
ARC Tote Bag	\$250
ARC Mug	\$100
ARC Key Ring Light	\$50

Special recognition to all participants raising over \$500.

We encourage all participants to send in their pledges within two weeks of the event.

Pledge prizes will be distributed at a later date. Distribution information will be provided on race day.

**For more information call:
Chris Calvi
(973) 535-1181 ext. 1262**

The ARC of Essex County

The Association for Retarded Citizens of Essex County Inc., (ARC) is a private, non-profit agency serving people with developmental disabilities who live in and around Essex County, NJ. In 1947, a small, dedicated group of parents established the foundation for what would become The ARC of Essex County.

Today, a multi-million dollar budget is needed to support nearly 400 dedicated ARC staff members who work with over 1000 people with developmental disabilities. By combining compassion and competence in 40 distinct programs, our staff helps individuals from birth through senior years live fuller, more satisfying lives. We believe we are in the business of building tomorrows for the individuals we serve.

It is through our mission that we pledge to make a better tomorrow a reality today.

The ARC Mission

The ARC of Essex County will leave no avenue unexplored in the effort to enable those who have developmental disabilities to realize individual goals, and to learn, work, play and coexist with dignity and full partnership in the community.

We believe that the fabric of our society is enriched by all of us in different ways. Those of us with developmental disabilities are simply different, not lesser, threads in that fabric.

Because we believe this, The ARC provides direct service to those with developmental disabilities and their families and acts as an advocate by advancing their interests.

We are further committed to reducing the incidence of mental retardation through education, public information, and, in fact, all possible means.