



RUN 4 SHADC

(Formerly Run 4 the Elderly)

4-MILE ROAD RACE

Sunday, November 9, 2003



500 points

- LOCATION:** Harry Dunham Park, Liberty Corner, NJ
- SCHEDULE:** 8:00 am Registration begins
 9:30 am 4 Mile Road Race
 9:45 am 1 or 2 Mile Fitness Walks
- ENTRY FEES:** \$15 Road Race fee by October 30th (\$13 for USATF members)
 \$18 Road Race fee after October 30th and on race day
 \$12 Fitness Walk fee
- COURSE:** New USATF certified out and back, faster course
- AWARDS:** 1st, 2nd, 3rd male & female overall, masters, and in each age group
- AGE GROUPS:** 14 and under to 70 & over in 5 year increments
- AMENITIES:** T-shirt to all registrants, while supplies lasts

For more information,
call 908-766-7925

All proceeds Benefit
Somerset Hills Adult Day Center

2003 RUN 4 SHADC

Checks payable to SHADC

Mail to: SHADC c/o VNA of Somerset Hills, 12 Olcott Avenue, Bernardsville, NJ 07924

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|---------------|-----------------|-------------------|---|
| last name | first name | phone | sex |
| street | city | state | zip |
| date of birth | age on race day | 2003 USATF Number | t-shirt size <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL |

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Bernards Township, SHADC, Visiting Nurse Association of Somerset Hills, all officials, sponsors and volunteers, for any and all injuries suffered by me in this event. Further, I confirm that I am physically able to compete in the RUN 4 SHADC and grant the right to use my likeness in any photographs and videotapes.

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| signature | date | signature of parent or guardian if under 18 |
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