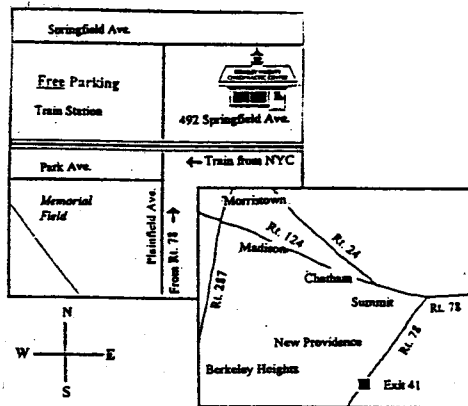


Custom T-Shirts! Music! Refreshments! Fun & Fitness!

Run or walk thru tree lined neighborhood in downtown Berkeley Heights. 5K race begins at 9:30 a.m. at Memorial Field in Berkeley Heights. The 1.5 Mile Fitness Walk will start at about 9:35 a.m. (i.e., immediately after the start of the 5K run). Registration & packet pick-up begins at 8:00 a.m. Refreshments & children's Fun Runs will follow the race.



Directions

Route 78 Exit 41 (from the east, make right off the exit at stop sign; from the west, turn left at the stop sign). At the bottom of the hill, turn left at traffic light onto Plainfield Avenue towards Berkeley Heights. Straight through first traffic light (Mountain Avenue). Memorial Field will be on your left at the intersection of Park Avenue and railroad tracks.

Free Parking: In the municipal parking lot at the train station. Just follow the 5K signs.

Races

5K	9:30 a.m.
1.5 Mile Fitness Walk	9:35 a.m.
Tot Trot (4 & under)	10:30 a.m.
Fun Run (5-10)	10:30 a.m.

5K Award Categories

Computer Results by CompuScore – Postcards Mailed
1st, 2nd & 3rd Places Overall for Men & for Women

1st & 2nd Places for Men & for Women in each of these age categories:

14 & under 15 – 19 20 – 24 25 - 29
 **50 – 54 **55 – 59 **60 - 69 *70 & over

** Men 1st, 2nd, & 3rd (*Men Only)

1st, 2nd & 3rd Places for Men & for Women in each of these age categories:

30 – 34 35 – 39 40 – 44 45 – 49

Registration for Runners & Walkers

Early Registration (by September 6) is recommended to guarantee receiving a t-shirt. Early entrants may pick up their packets (including t-shirt & number) at Berkeley Heights Chiropractic Center, 492 Springfield Avenue, September 15-20. Late registration/packet pick-up begins at 8:00 a.m. the day of the race.

NO charge for children's races (no registration necessary).

Entry Fee for Runners & Walkers

Early Registration (registration is completed & received by September 7) guarantees a t-shirt. Fees follow:

\$17 General Public
\$15 USATF-NJ Members

\$20 after September 7 -or- on day of the race (no guarantee of a t-shirt).

Race questions? Call Dr. Pat Smith (Race Director) (908) 665-0770

