78th DIVISION U.S. ARMY

LIGHTNING 5K 2003

Proceeds to benefit the annual 78th Division Handicapped Children's Holiday Party

Sunday, September 7, 2003 Kilmer U.S. Army Reserve Center Edison, N.J.

FOR INFO CALL:
LTC RICHARD MILLER, 1-800-575-9073 X1833
or MR. KARL CHIGAS 732-867-2046

LIGHTNING 5K RACE COMMITTEE
HHC 78TH DIVISION (TS)
91 TRUMAN DRIVE SOUTH
EDISON NJ 08817-2487

www.runningpage.com/edison5k

DIRECTIONS:

From Garden State Parkway:
Take exit 131 for Rt. 27 South to Plainfield Rd. Turn RIGHT on Plainfield Rd., go 1 Mile to 2nd light, turn LEFT on Kilmer Rd., turn RIGHT at next light on Truman Rd., Proceed to the Votech center.

From N.J. Turnpike:
Take I-287 North, 1 Mile to Rt 27 South. Turn RIGHT on South Plainfield Rd., Go 1 Mile, at 2nd light turn LEFT on Kilmer rd., turn RIGHT at next light on TRUMAN RD. Proceed to the Votech center.

From I-78/i-80:
Take I-287 SOUTH, to Edison 529 (Stelton Rd.), go 2.5 miles (7 Lights) turn RIGHT on Kilmer Rd.. If you go under R.R. tracks you went TOO FAR! Turn RIGHT at next light on Truman Rd. Proceed to the Votech center.

NOTE: PHOTO I.D. REQUIRED FOR ALL TO ENTER RESERVE CENTER

NOTE: NO PUBLIC PARKING ALLOWED IN THE RESERVE CENTER. PARKING IS PERMITTED AT THE VOTECH CENTER.

SUNDAY, SEPTEMBER 7, 2003 - 1 MILE 9:00 a.m., 5K 9:30 a.m.
PRE-REGISTRATION BEFORE SEPT.3, $14, SEPT.3-6, $16, RACE DAY $20 YOUR EMAIL ADDRESS: _____

1. LAST NAME / FIRST NAME / MIDDLE INITIAL (SKIP SPACE BETWEEN WORDS)
2. STREET (INCLUDING NUMBER) / APT.
3. CITY / STATE / ZIP CODE
4. MALE / FEMALE
5. AGE AS OF RACE DAY / BIRTH DATE MO. DAY YEAR
6. SHIRT SIZE: SM MED LG XL *(CIRCLE ONE)*
7. AREA CODE / PHONE NUMBER
8. 5K
9. 1 MILE
10. MILITARY
11. CIVILIAN
12. 2003 USATF # (FOR GRAND PRIX RUNNERS' SCORING ONLY)
13. CLYDESDALE/ATHENA DIVISION — MALE 200+ / FEMALE 140+

PLEASE DOUBLE CHECK YOUR APPLICATION FOR ACCURACY AND COMPLETENESS

In consideration of my entry being accepted in the Lightning 5K Run/Walk and 1 Mile Fun run. I intending to be legally bound, do hereby, for myself, my heirs, executors and assigns, wave, release and forever discharge my rights and claims for damages which I may have or hereafter acrue to me against The Lightning 5K Run/Walk and 1 Mile Fun Run. the United States Army/United States Government, Rutgers University, USA Track & Field Inc., New Jersey Association of USA Track & Field Inc., or any subsidiary thereof, its or their respective officers, agents, representatives, succesors, assigns and sponsors for any and all damages which may be sustained and suffered by me in connection with my association with, or entry or participation in, The Lightning 5K Run/Walk and 1 Mile Fun Run. I understand that a physical examination is not required to qualify to run this event and that all competitors participate at their own risk (if in doubt to your physical condition to engage in an event as strenuous as this race, it is strongly recommended that you seek the advice of a competent physician). I also understand that in the event this race cannot be held as scheduled due to an act of God or circumstances beyond control, the Race is not liable to refund any money paid by me to participate. I release the rights to any and all photographic material, including film and including computer information. The Lightning 5K Run/Walk and 1 Mile Fur Run may wish to release for this event, without obligation to me. All persons under 18 years of age must have written consent of parent or legal guardian to compete in the above mentioned events. I, the undersigned parent or guardian hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above.

SIGNATURE _____ DATE _____

PARENT/GUARDIAN SIGNATURE (IF RUNNER IS UNDER 18) _____ DATE _____

USA TRACK & FIELD
new balance fleetbrook heights
New Jersey Grand Prix Event
500 POINTS

The 78th Division USAR is proud to sponsor this event. We will also have a ONE MILE FUN RUN/WALK at 9:00 a.m. Read the entry instructions carefully. Packets can be picked up on race day starting at 7:45 a.m. Come and run the 5K or one mile, or walk the 5K for fun.

Sincerely, ***THE LIGHTNING 5K RACE COMMITTEE***

OPEN TO ALL RUNNERS

MAIL ENTRY TO:
LIGHTNING 5K
RACE COMMITTEE
HHC 78TH DIVISION (TS)
91 TRUMAN DR
EDISON NJ 08817-2487

ABSOLUTELY NO REFUND

- USATF Certified course
- Medals to all finishers
- Scoring by compu-score
- Custom designed T-shirt to 1st 500 registrants

✓ *CHECK OR MONEY ORDER FOR $14 BEFORE SEPT.3, $16 SEPT. 3-6, $20 RACE DAY-PAYABLE TO:*
THE LIGHTNING 5K RUN

✓ *USATF-NJ ATHLETES 5K $12 PRE-REGISTRATION ONLY UP TO SEPT. 3*

✓ *INDICATE SHIRT SIZE*

✓ *COMPLETED AND SIGNED ENTRY FORM*

AWARDS TO 5K ENTRANTS ONLY

AWARDS
- Top military finisher *(male/female)*
- Top civilian finisher (male/female)
- Top miltary team *(TEAMS CONSIST OF 5 MEMBERS)*
- Top civilian team
- Top co-ed team *(need 2 females)*
- Top high school team, male & female
- Clydesdale/Athena division
- Top female team
- Top Masters team

AWARDS Under 14, 14-19, 20-24, 25-29, 30-34, 35-39
1st-3rd Age grps: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Downloaded from CompuScore
www.compuscore.com