

In celebration of National Women's Health Week
Dina Matos McGreevey, First Lady of New Jersey,
Chairwoman of *Take New Jersey Women to Heart*, invites you to the

1st Annual

Women's Heart Foundation

Mother-Daughter & Family 5K Walk

Competitive 5K Run

2K Health Walk & Kids Fun Run!

USATF-NJ 2004 Grand Prix Event

Coordinated by Baldasari-Leestman Race Management

Saturday, May 8, 2004

9:00 a.m.-2K / 10:00 a.m.- 5K. Rain or Shine

RACE HOT LINE: 609.890.8343. Email: larsurf@aol.com

Mercer County Park - West Picnic area

For directions, visit us on our website at www.womensheart.org

Supported by The Office on Women's Health, NJ Department of Health & Senior Services



REGISTRATION & FEES

Register online at active.com

- Pre-Entry Fee: \$18.00 (\$16.00 for 2004 valid New Jersey USATF members)
 - Day of Race Fee: \$20.00
- Registration on Day of Race begins at 7:30 a.m.

AMENITIES

Specially designed T-shirts guaranteed to all those pre-registered (Day-of-Race registrants—while supplies last).

No entry fee and FREE purple visor for women survivors of heart surgery (invasive or non-invasive)

No entry fee for Girl Scouts accompanied by their participating moms or for Volunteer Crew.

Post-race refreshments and D.J. • Computerized timing and scoring by Compuscore

Finish line and course by Baldasari & Leestma Race Management • Discount running apparel expo

Immediate Post-race results @ www.compuscore.com

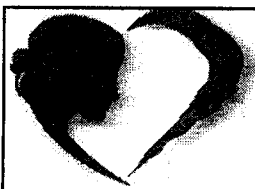
TEAM COMPETITION & PRIZES

- Prizes to top three overall men & women and top three men and women in each age group
- Prizes to the top Corporate Team Finishers in each corporate category — Male, Female, Co-ed. Unlimited membership but must have 3 Finishers to score. Best 3 times of team are scored.
- Teams should be pre-registered. (No Extra Fee.) Limited race day entries will be accepted. Entries must be mailed together.

Ribbon to all finishers!


COURSE

New USATF certified 5K fast course through scenic Mercer County Park



All Proceeds Benefit the
WOMEN'S HEART FOUNDATION

screenings • education • wellness
www.womensheart.org

Volunteer support comes from Girl Scouts Delaware Raritan, Inc  Girl Scouts.

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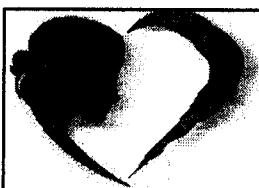
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PLEASE PRINT LEGIBLY AND FILL IN ALL ITEMS. YOU MUST SIGN THIS RELEASE.

Send entry and fee payable to:

WHF c/o Larry Baldasari, 3448 Nottingham Way, Hamilton Square, New Jersey 08690

In lieu of running the race, I wish to donate \$ _____

Check the event(s) that you wish to participate in: 5K Run 5K Walk 2K Health Walk & Kids Fun Run

Circle your T-shirt size: S M L XL

I am walking in tribute to: _____

Name of Emergency Contact: _____ Relationship: _____ Phone: _____

2004 USATF-NJ # _____ *Grand Prix Competitor*

Age category 13 & under 14-19 20-29 30-39 40-49 50-59 60-69 70+

Name: _____ Age as of 5-8-04: _____ Date of Birth: _____ Sex: M F

Address: _____ City: _____ State: _____ Zip Code: _____

Team: (If applicable) _____ Team Division: Corp Male. Corp Female Corp Co-ed

Email: _____ Woman Heart Surgery Survivor Girl Scout with Participating Mom Volunteer Crew

I hereby for myself, my heirs, executors, administrators of legal representatives and successors, release and forever discharge the run/walk officials, Women's Heart Foundation, County of Mercer, Mercer County Parks, volunteers, and all participating sponsors from any claims, demands, suits or actions for any injuries or damages I may sustain as a result of my participation in this event. I certify that I am in good physical condition for this event.

SIGNATURE: (if under 18 signature of parent or guardian): _____ Date: _____