

**NEW  
DISTANCE!**

# 4th Annual Summit Hi-5

5K Run and 1.5 Mile Fitness Walk

Sunday, October 24, 2004

The race that features **Girls on the Run & Girls on Track** participants

## Location:

The Village Green, Broad & Elm Streets, Summit

## Schedule of Events—Rain or Shine:

11:00am—12:45pm: Registration/Packet Pick-up

1:00pm: 5K Run

1:00pm: 1.5 Mile Fitness Walk

2:00pm: Awards Ceremony

## Entry Fees:

Pre-Registration: \$17 (\$15 USATF—NJ Members)

Post-Registration: \$20 (after October 19th)

## Registration & Information:

- By mail to Women's Resource Center,
- 57 New England Avenue, Summit, NJ 07901 - or - online at [www.ACTIVE.com](http://www.ACTIVE.com)
- Questions? [www.oymp.nct](http://www.oymp.nct) or (732)381-0318



## 5K Run Course:

USATF Certified—Clocks at each mile  
Rolling, Hills & Flat. 2 Water Stops.  
USATF-NJ 500 Point Event

## 1.5 Mile Walk Course:

Mainly flat, some gradual hills.  
Scenic Summit neighborhoods with  
sidewalks. Group walk rates available,  
call 908-273-7253 for details.



## Amenities Include:

Long Sleeve T-Shirt to all pre-registrants and post-registrants while supplies last; Goodie Bags to all pre-registrants and post-registrants while supplies last; Fruit, Snacks, Drinks; Music; Random Prize Drawing; Merilee the Clown; race results at [www.compuscore.com](http://www.compuscore.com).

## Awards:

### 5K Run

- 1st, 2nd, 3rd Overall, Male & Female
- 1st, 2nd, 3rd Each Age Group, Male & Female [Age groups: 10 & Under, 5 year age increments, 75 +]

### All kids under 18 receive

- Summit Hi-5 Medals

## Directions:

From the Garden State Parkway & 78 West: Take the Garden State Parkway to Exit 142. Carefully follow signs to Route 78 West. Take 78W to Route 24 West to Exit 8 (Summit Avenue). At the top of the exit ramp, turn left onto Summit Avenue. Continue thru center of town (1.5 miles), turning left onto Broad Street. Follow race signs.

From the NJ Turnpike: NJ Turnpike to Exit 14 (Newark Airport/ Route 78 West), carefully follow signs for Route 78 West to Route 24 West and follow as above.

From 78 Eastbound: Route 78 East to Exit 45 (Glenside Avenue), turn left at the traffic light and continue to first stop sign, continue straight. Take next sharp left (turning up the hill) onto Morris Avenue. Turn Right onto Summit Avenue. Turn right onto Broad Street. Follow race signs.

## Official Entry Form



**Make checks payable to:** Women's Resource Center, 57 New England Avenue, Summit, NJ 07901

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ '04 USATF# \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Sex \_\_\_\_\_

Event:  5K Run  1.5 Mile Walk T-Shirt:  M  L  XL

*I, the undersigned, know that running is a potentially hazardous activity. I should not enter unless I am medically able to properly trained. Having read this waiver and knowing these facts and in consideration of my entry, I for myself & anyone entitled to act on my behalf, waive and release the City of Summit, County of Union, Women's Resource Center, On Your Mark Productions, all their sponsors, representatives & successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.*

Signature \_\_\_\_\_ Parent Signature (if under 18) \_\_\_\_\_