

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 - www.compuscore.com
1st, 2nd & 3rd Places Overall for Men & for Women

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

14 & under	15 - 19	20 - 24	25 - 29
30 - 34	35 - 39	40 - 44	45 - 49
** 50 - 54	** 55 - 59	** 60 - 69	* 70 & over
** Women 1st & 2nd Only		(*Men Only)	

Registration for Runners & Walkers

Early Registration (by September 4th) 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 13-18th. registration/packet pick-up begins at 8:00 a.m. the day of the

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

Entry Fee for Runners & Walkers

Early Registration (registration is completed & received by September 4th) guarantees a t-shirt.

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

Late Registration - After September 4th -or- on day of the race (no guarantee of a t-shirt).

\$20 General Public
\$18 USATF-NJ Members

Race questions?

Call Dr. Pat Smith (Race Director)

Dr. Pat Smith Race Director
908 665-0770

Registration (Check one): 5K Run 1.5 Mi. Walk

(This form may be reproduced.)

Last Name

First Name

Address

City/Town

State

Zip

Phone ()

Shirt Size: M L XL

Age on Sep. 19, 2004

Sex: M F

Date of Birth

Wheelchair Applicant

Fees Paid By 9/4/04: \$17 General Public \$15 USATF-NJ Member

After 9/4/04 -or- on day of the race (no guarantee of t-shirt): \$20

2004 USATF-NJ Member #

In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators waive and release any claims that I may have against Berkeley Heights Chiropractic Center and the Township of Berkeley Heights or their representatives, successors or assignees for any injuries that may be suffered by me in this event. I certify that I am in physical condition for this event, and I further authorize the use of my name and/or photograph in conjunction with publicity about this event.

X

Signature required

X

(Parent or Guardian if applicant is under 18 years.)

Please mail registration with payment to:

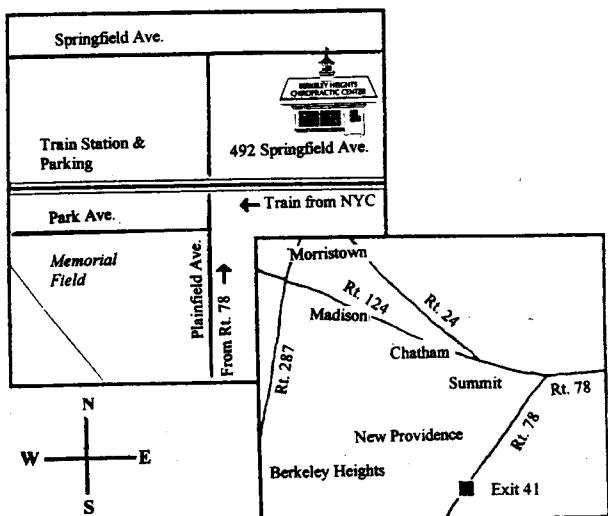
Berkeley Heights 5K Run
492 Springfield Avenue
Berkeley Heights, NJ 07922

**Checks payable to
Berkeley Heights 5K Run**

Downloaded from CompuScore
www.compuscore.com

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

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 8:30 a.m. Refreshments & children's Fun Runs will follow.



Directions

From Exit 41 (from the east, make right off the exit at the sign; from the west, turn left at the stop sign). At the top 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 the left at the intersection of Park Avenue and railroad.

Parking: In the municipal parking lot at the train station. Follow the 5K signs.

8th Anniversary
Berkeley Heights 5K
Run for the Health of It!

Runners & Walkers:

Register by
September 4th
to be guaranteed a custom t-shirt!

Stop by
for free blood pressure screening.

Runners don't miss out!

Complimentary
Pre- & Post-race Massages

BERKELEY HEIGHTS Chiropractic Center
MASSAGE TEAM

