

The Glen Ridge Community Fund presents The 10th Annual 5K Walk, Roll or Run, April 16, 2005

Start Time:

9 A.M., Saturday April 16, 2005

Distance:

USAFT Cert. 5K (3.1 miles)

Race Day Registration:

7:45 A.M. to 8:30 A.M.

Warm-Up:

All are invited to a pre-race stretch and warm-up at 8:30 A.M.

Entry Fee:

\$17/adult, \$10/student
(proceeds to benefit the
Glen Ridge Community Fund)

Register:

Use the form below or
on-line at www.grcf.org, or
www.compuscore.com

Start:

Hurrell Field, Glen Ridge
at the corner of
Belleville & Sherman Avenues
(directions below)

Kids Fun Run
for ages 10 and
under at 8:15 A.M.
No fee!
Prizes for all!!

Tenth Annual 5k Walk, Roll or Run for the Glen Ridge Community Fund

**T-shirts to all entrants ▪ Student rollerbladers must wear helmets and protective pads
Cold refreshments served by member agencies ▪ Prizes for top finishers**

Directions: Garden State Parkway exit 148 (Bloomfield Ave). Take Bloomfield Avenue WEST to Ridgewood Avenue in Glen Ridge and make right. Go one block NORTH to Belleville Avenue and turn left. Look to park; start of race is just one block up on Sherman Avenue.

Walk, Roll or Run for the Fund Registration Walker _____ Runner _____ Blader _____

One form per entrant please. Attach other sheets if desired.

Name _____ Gender _____ Age (as of 4/10/05) _____

Address _____ Tel: _____

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge The Glen Ridge Community Fund or the Borough of Glen Ridge and their employees and officials from any claim arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event.

Make checks payable to: Glen Ridge Community Fund. Send with registration to P.O. Box 27, Glen Ridge, NJ 07028

Signature (Parent's signature required if registrant is under 18)

Runner/Walker: 40+ _____ 30-39 _____ 20-29 _____ 13-19 _____ 12 & under _____ ▪ **Blader:** 18 & over _____ 17 & under _____