



The Seventh Annual 5K
Firehouse Pizza Run

To Benefit
CHESHIRE HOME
FLORHAM PARK



Sunday, June 5, 2005
Madison High School

8 a.m. Registration and Check-In

9 a.m. Race Begins

Call (973) 377-9531



CHESHIRE HOME

Cheshire Home is part of an international organization established in 1948 in England by Lord Leonard Cheshire, a World War II R.A.F. pilot who dedicated his life to helping others less fortunate. There are now over 350 Homes and service programs worldwide, each operating independently.

The Florham Park Cheshire Home opened in 1981 as a residential community for 35 young physically disabled adults. Since 1981, Cheshire Home has opened a small-group home in Parsippany for six residents and the Community Resource Center, a computer learning facility that serves disabled adults throughout the community. Cheshire Home has recently opened a second small-group home in Florham Park for eight residents.

Our history of outstanding service is based on our mission to promote independence and personal growth in a supportive setting. The benefits of Cheshire Home reach far beyond our Home to a wide circle of family, friends and others throughout the community of disabled persons. Cheshire Home provides a full range of services and programs that encourage and sustain independence to those in our care: a specialized and professional staff that provides round-the-clock nursing care, occupational and physical therapy, educational and vocational training, computer classes, basic skills and transportation services.

Cheshire Home's ongoing commitment to those in our care has resulted in a nationally-recognized reputation for providing goal-directed services that restore our residents to their highest practical level of physical, cognitive and behavioral functioning. Our success has been measured by those who have been able to leave the Home for small group homes, supervised apartments and totally independent living, as well as through the enhanced quality of life experienced by those who continue to call Cheshire "home."

CHESHIRE HOME, INC.
9 Ridgedale Avenue
Florham Park, NJ 07932





**The Seventh Annual 5K
Firehouse Pizza Run
To Benefit
CHESHIRE HOME**

FLORHAM PARK

SUNDAY, JUNE 5, 2005
(RAIN OR SHINE)

THE COURSE

USATF Certified 5K Run
Scoring by Compuscore
Starts at Madison High School
Through the towns of Florham Park & Madison
Ends at Cheshire Home

SCHEDULE OF EVENTS

Registration and Check-In 8 a.m.
Run Start Time 9 a.m.

REGISTRATION

\$10 Runners ages under 14 by May 27
\$13 USATF Members Pre-Registered by May 27
\$15 Pre-Register by May 27
\$20 Post-Registration after May 27

Make checks payable to Cheshire Home Run
9 Ridgedale Avenue, Florham Park, NJ 07932
(973) 377-9531

AWARDS

Race T-Shirts to first 300 registrants

TROPHIES

TO 1st, 2nd & 3rd PLACE MALE AND FEMALE
IN AGE GROUPS:
14 and under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-69, 70 and over.



DIRECTIONS to MADISON HIGH SCHOOL

FROM ROUTE 10 WEST – Heading west on Route 10, follow the signs to Florham Park by crossing over Route 10 onto Ridgedale Ave. *Continue on Ridgedale as it crosses over Columbia Tpke. Bear right at the light at the Amoco Station. Go over the overpass for Route 24 and continue on until you see Madison High School on the right.

FROM ROUTE 10 EAST – Heading east on Route 10, make a right at Novartis onto Ridgedale Ave. Follow above from *.

FROM NEWARK VIA SOUTH ORANGE AVE. – Pass the Livingston Mall on your right, then Bennigans Restaurant on your left. At the first light turn left. Make a right at the stop sign. Go one block and turn left onto Ridgedale Ave. Bear right at the light at the Amoco Station. Go over the overpass over Route 24 and continue on to Madison High School on the right.

FROM ROUTE 24 WEST – Route 24 West to exit 2A. *Quickly get in the left lane. Follow signs for Fairleigh Dickinson Univ., Drew Univ. and the College of St. Elizabeth and turn left onto Park Avenue. Pass the College of St. Elizabeth and FDU on the right and Verizon on the left. At first light turn left onto Ridgedale Ave. Continue to Madison High School on left.

FROM ROUTE 24 EAST – Route 24 East to exit 2A. Follow from * under Route 24 West directions.

FROM MORRISTOWN – Take Route 24 East past the Green. Route 24 becomes Route 124 East. Stay on Route 124 East, past Morristown Hospital on the left, then Fairleigh Dickinson Univ. on the left and Drew Univ. on the right. Go under train trestle and bear left to the light. Go right at light onto Ridgedale Ave. Continue until you see Madison High School on the left.

FROM ROUTES 80 AND 287 SOUTH – Route 80 to Route 287 South to Route 24 East to exit 2A. Follow from * under Route 24 West directions.

FROM ROUTE 287 NORTH – Route 287 North to Route 24 East to exit 2A. Follow from * under Route 24 West directions.

FROM NJ TURNPIKE OR GARDEN STATE PARKWAY – Get off at Route 78 West. Take 78 West to 24 West to exit 2A. Follow from * under Route 24 West directions.



FIREHOUSE PIZZA RUN FOR CHESHIRE HOME

SUNDAY, JUNE 5, 2005

ENTRY FORM

\$10 Runners under 14 by May 27
\$13 USATF Members Pre-Registered by May 27
\$15 Pre-Register by May 27
\$20 Post-Registration after May 27

Make checks payable to Cheshire Home Run
Mail with entry form to:
Cheshire Home Run
9 Ridgedale Avenue, Florham Park, NJ 07932
(973) 377-9531

PLEASE PRINT

Name _____

Address _____

City _____

State _____ Zip _____

Phone (day) _____
(evening) _____

Sex (circle) M F

Age: _____ Date of Birth _____

2005 USATF-NJ # _____

T-Shirt Size (circle) M L XL

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators and assigns, do expressly release and discharge Cheshire Home, Firehouse Pizza, USATF New Jersey and any and all sponsors, organizers, directors and volunteers, their representatives, successors, assigns, employees and members from any and all claims, demands and actions or judgements of any kind arising out of participation in this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes or any other record of this event for any legitimate purpose.

SIGNATURE _____
(If under 18, signature of parent or guardian)

DATE _____

