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**MONTCLAIR ART MUSEUM**

**STARBUCKS COFFEE**

**ASHENFELTER 8K CLASSIC**



**WALKERS WELCOME!**

**GOODWILL 5000 METER RUN  
173 HAWTHORNE AVENUE  
GLEN RIDGE, NEW JERSEY 07028**

# Goodwill

A stylized number '5000' where the '5' is red, the first '0' is yellow, the second '0' is blue, and the third '0' is purple. The numbers have a slight shadow effect.

# Meter Run

Saturday, November 19, 2005

Start/Finish:



Corner of Bloomfield & South Mountain Avenues,  
Montclair, New Jersey

To benefit the:

## ***Goodwill***

**RESCUE MISSION**

*" I have fought the good fight, I have finished the race,*

*I have kept the faith "*

# Goodwill 5000 Meter

## Run/Jog/Walk

DISTANCES: 5K Run/Jog/Walk & 1 Mile Fun Run

The Goodwill 5000 Meter Run is a USATF-NJ 500 Point Championship race. Open to runners, joggers & walkers of every ability!

### COURSE:

The 5K Course is a USATF certified two turn route which follows South Mountain Avenue through the Estate Section of Montclair. The one mile course is an "out & back" route along South Mountain Avenue.

### WHEN:

Saturday, November 19, 2005

### START & FINISH:

At: **The Montclair Art Museum**

Which is located at the corner of Bloomfield Avenue and South Mountain Avenue in Montclair, New Jersey.

### TIME:

5000 Meter Run: 8:30 AM Sharp

1 Mile Fun Run: 8:00 AM Sharp

### 5000 METER RACE PACKET PICK-UP:

7:00 AM – 8:15 AM @ The Montclair Art Museum's Auditorium

## REGISTRATION FEES

**5K ~ PRE REGISTRATION:** \$17.00, or \$15.00 for USATF members Must be post marked by 11/12/2005

**5K ~ RACE DAY REGISTRATION:** \$20.00

**FUN RUN:** \$5.00

**ON LINE REGISTRATION:** [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)

### QUESTIONS:

CONTACT: **Aubrey Blanda @ 973 865-1919**

OR EMAIL @: [Aubreyblanda@yahoo.com](mailto:Aubreyblanda@yahoo.com)

*" I have fought the good fight,*

*I have finished the race,*

*I have kept the faith "*

## AWARDS

The awards ceremony will be held in the Museums auditorium and will begin promptly at 10:15 AM. The awards will be three deep! In the following age categories:

-14 15-19; 20-29; 30-34; 35-39; 40-44; 45-49; etc., through all master's divisions.

## AMENITIES

Custom designed T-shirts, race bags to all, Trophies awarded to first place overall male and female finishers, medals and prizes to other placing runners.. Post race refreshments featuring Starbucks coffee and Bagels provided by Bloomfield's Best Bagels!

## BENEFITS

Proceeds of the event benefit The Goodwill Rescue Mission of Newark, New Jersey, providing shelter, food and counseling to the poor and homeless since 1896. IRS 501C3 #:

## BRING CANNED GOODS

Entrants are encouraged to bring a canned food item to the registration table to help fill the Goodwill Rescue Missions' food bank,

## DIRECTIONS

From the Garden State Parkway take **Exit 148** (Bloomfield Avenue). Travel West on Bloomfield Avenue approximately 2.5 miles to the Montclair Art Museum (on the left). You will be directed where to park once you reach the Museum.

NOTE: No Parking on South Mountain Ave. Parking will be available on North Mountain Ave. and along Bloomfield Avenue.

## Official Entry Form

Event: Check One: **5K** \_\_\_\_\_ **1 Mile** \_\_\_\_\_

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: (As of 11/19/ 2005): \_\_\_\_\_ Sex(M/F) \_\_\_\_\_

## FEES

**CHECK PAYABLE TO:** *Goodwill Rescue Mission*  
**MAIL TO:** 173 HAWTHORNE AVE.  
GLEN RIDGE, N. J. 07028

**GW 5000M Fee:** By 11/12/05 **\$17.00** \_\_\_\_\_

Race Day **\$20.00** \_\_\_\_\_

**GW ONE MILE:** **\$5.00:** \_\_\_\_\_

**USATF MEMBERS ONLY:** Pre: \$15.00 \_\_\_\_\_

USATF NUMBER: \_\_\_\_\_

## WAIVER

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge the Goodwill Rescue Mission, it's employees, the Township of Montclair, The Montclair Art Museum, the race officials, volunteers, sponsors (hereinafter releases) for 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. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18.

**Participant Signature** or Guardian if under age 18

Date: \_\_\_\_/\_\_\_\_/2005 **Shirt Size:** \_\_\_\_\_

S, M, L, XL

**OFFICIAL USE ONLY:**

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