

The Glen Ridge Community Fund presents The 11th Annual 5K Walk or Run, April 8, 2006

Start Time:

9 A.M., Saturday April 8, 2006

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:
\$20/adult, \$10/student
(proceeds to benefit the GRCF)

Register:

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

Start:

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



T-shirts while supplies last to all entrants
Cold refreshments served by member agencies ▪ Prizes for top finishers

Directions: Northbound Garden State Parkway exit 148 (Bloomfield Avenue). Take Bloomfield Ave (west) about a mile to Ridgewood Ave in Glen Ridge, make right (north). Go one traffic light (first intersection) make left onto Belleville Avenue. Look to park; start of race is just one block up on Sherman. Southbound GSP exit 149, bear right then first left onto Belleville Ave (westbound). Go about a mile across Ridgewood Avenue and look to park.

Walk or Run for the Fund Registration

Walker _____

Runner _____

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

Name _____ Gender _____ Age (as of 4/10/06) _____

Address _____ Tel: _____

Include city, state, and zipcode

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 _____

