

3<sup>rd</sup> Annual  
**Goodwill**  
**5000**  
**Meter Run**

Run/Jog/Walk

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

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

**COURSE:**

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

**START & FINISH:**

At: **The Montclair Art Museum, 3 S. Mountain Ave, Montclair, New Jersey** at the corner of Bloomfield Avenue and South Mountain Avenues.

**TIME:**

5000 Meter Run: 8:30 AM Sharp  
1 Mile Fun Run: 8:00 AM Sharp

**5000 METER RACE PACKET & CHIP PICK-UP:**  
7:00 AM – 8:15 AM @ The Montclair Art Museum's Auditorium

**AWARDS**

The awards ceremony will be held in the Museum auditorium at 10:15 AM. Awards are three deep, no double-dipping, in the following age categories: -10, 10-14, 15-19; 20-29; 30-34; 35-39; 40-44; 45-49; etc., through all master's divisions.

**AMENITIES**

Champion Chip timing. Custom-designed long-sleeved T-shirts and race bags to the first 500 registrants, trophies and prizes awarded to first place overall and masters male and female finishers and age-group winners. Post-race refreshments featuring Starbucks coffee and Bloomfield's Best Bagels.

**REGISTRATION FEES**

5K ~ PRE REGISTRATION: \$18.00, or \$16.00 for USATF members. Must be post marked by 11/13/2007

5K ~ RACE DAY REGISTRATION: \$20.00

FUN RUN: \$8.00

ON-LINE REGISTRATION: [WWW.ACTIVE.COM](http://WWW.ACTIVE.COM)  
or [WWW.RaceForum.com/goodwill](http://WWW.RaceForum.com/goodwill)

**QUESTIONS:**

CONTACT: **Aubrey Blanda @ 973 865- 1919**  
OR EMAIL @: [Aubreyblanda@yahoo.com](mailto:Aubreyblanda@yahoo.com)

**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 is available on North Mountain Ave. and along Bloomfield Avenue.

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

Saturday, November 17, 2007

Start/Finish:



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



**BENEFITS**

Proceeds benefit The Goodwill Rescue Mission of Newark, New Jersey (non-profit), providing shelter, food and counseling to the poor and homeless since 1896.

**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.

*Official Entry Form*

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

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

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

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

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

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

Age: (As of 11/17/ 2007): \_\_\_\_\_ Sex(M/F) \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**FEES**

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

GW 5000M Fee: By 11/13/07 **\$18.00** \_\_\_\_\_

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

GW ONE MILE: **\$8.00:** \_\_\_\_\_

USATF MEMBERS ONLY: Pre: \$16.00 \_\_\_\_\_

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: \_\_\_\_ / \_\_\_\_ / 2007 Shirt Size: S, M, L, XL