

GPSG HOMETOWN HEROES 5K



& HEALTH FAIR

at

Bridgewater-Raritan High School
October 27, 2007

5K Run 10:00am

1 Mile & 5K Walk 10:00am

Kid's Dashes



Benefitting

BRIDGEWATER 500 SQUAD

AMENITIES

ALL RECEIVE TOTE BAG

FREE 50/50 TICKET

SUPER GOODY BAG

CUSTOM T-SHIRTS

NO ONLINE PROCESSING FEES

CLOCKS AT EVERY MILE

RAFFLE PRIZES

TRICKY TRAY

MASSAGES

DJ MUSIC

REFRESHMENTS PROVIDED BY

Carino's Italian Grill

2007 Hometown Heroes 5K

FIRST NAME										
LAST NAME										
BIRTH DATE			A		G		E			
EVENT	<input type="checkbox"/> 5 Mile		Youth T-Shirt		S		X			
	<input type="checkbox"/> Walk <input type="checkbox"/> 1 Mile <input type="checkbox"/> 5K		Adult T-Shirts		M		L		XL	
	<input type="checkbox"/> Kid's Dashes		YM		VL		M		L	
			XL		2X					

STREET										
CITY										
STATE									ZIP	
PHONE										
E-MAIL										
2007 USATF#										

Make Check Payable & Mail To: Bradley Gardens First Aid & Rescue Squad
546 E. Curtis St. Linden, NJ 07036

Have a Great Run

Sports A/R
253 W. Westfield Ave.
Roselle Park, NJ 07204

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in The Hometown Heroes 5K Events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

Schedule Of Events

8:00 am Registration Begins
10:00 am 5K Road Race
10:00 am 1 Mile & 5K Walk
10:55 am Kids' Dashes
Refreshments available after 5K
11:15 am Awards Ceremony

AWARDS

5K RUN - TOP 3 OVERALL (MALE & FEMALE)
1st \$100 - 2nd \$75 - 3rd \$50

MEDALS TO TOP 3 IN EACH AGE GROUP (MALE & FEMALE)

KIDS' DASHES - RIBBON TO ALL KIDS 12 AND UNDER

RIBBONS TO ALL WALKERS

AGE GROUPS

5K RUN
14 & Under, 15-18, 19-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,
75-79, 80+



500 Points

Register Online at

PracticeHard.com

NO PROCESSING FEE

FEES

5k Run Pre-Entry (10-25-07)

\$18 USATF-NJ Member
\$20 With T-Shirt

1 Mile & 5K Walk Pre-Entry

\$20 With T-Shirt
\$5 Youth under 12 years

Kids' Dashes

\$5 with T-Shirt

5K Run & Walk Post-Entry

\$22 With T-Shirt While Supplies Last
\$5 Youth Walker Only 12 and under

DIRECTIONS

From Route 287

Northbound - Take Exit 14 (Route 22 West). Continue on Route 22 West past Ethicon. Turn right at next traffic light onto Country Club Road. Proceed ½ mile to next traffic light. Turn Right onto Garretson Road. The school is ½ mile on the right.

Southbound - Take Exit 17 (Route 206/202 South). Continue to Route 22 West. Turn on to Route 22 West. Continue past Ethicon. Turn right at next traffic light onto Country Club Road. Proceed ½ mile to next traffic light. Turn Right onto Garretson Road. The school is ½ mile on the right.

From Route 22

Westbound - Continue on Route 22 West past Ethicon. Turn right at next traffic light onto Country Club Road. Proceed ½ mile to next traffic light. Turn Right onto Garretson Road. The school is ½ mile on the right.

Eastbound- Continue on Route 22 East past Ethicon. Make U-turn at next light (Ethicon Drive) onto Route 22 West. Turn right at next traffic light onto Country Club Road. Proceed ½ mile to next traffic light. Turn Right onto Garretson Road. The school is ½ mile on the right.

From Route 202 & Route 206

Take Exit for Route 22 West. Continue on Route 22 West past Ethicon. Turn right at next traffic light onto Country Club Road. Proceed ½ mile to next traffic light. Turn Right onto Garretson Road. The school is ½ mile on the right.

SPONSORS

**GPSC
SANOFI-AVENTIS**

FAIR PARTICIPANTS

**AAA
BRIDGEWATER EMERGENCY SERVICES
SANOFI-AVENTIS
BRIDGEWATER POLICE DEPARTMENT
BRIDGEWATER TOWNSHIP**

CONTACT



Ray or Tears Office 908-245-3000