

# GPSC 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 EMERGENCY SERVICES**

### **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										
PHONE										
E-MAIL										
2007 USATF#										
ZIP										

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