

Directions

From the North: Take the Garden State Parkway—South to Exit 152 (Watchung Ave.) After toll, bear right at light onto Watchung Avenue. Proceed thru two lights and Brookdale Park entrance will be on right (100 yds.)

From the South: Take the Garden State Parkway—North to Exit 155 (Watchung Ave.) At light make left onto Watchung Avenue. Proceed thru three lights and Brookdale Park entrance will be on right (100 yds.)

From the East: Take Rt. 3—West to Garden State Parkway—South Exit. Follow directions from the North.

From the West: Take Rt. 80/46—East to Garden State Parkway—South Exit. Follow directions from the North.

Proceeds from the “Race for Their Future” will benefit the Juvenile Diabetes Research Foundation in their relentless search in finding a cure and to educate the greater Bloomfield area youth on the need for proper eating and exercising habits through The Fitness Center for Women Only’s FitKid programs.

The Fitness Center for Women Only
462 Broad Street
Bloomfield, NJ 07003



*1st Annual
“Race For Their Future”
5K Run*

To Benefit

*The Juvenile Diabetes
Research Foundation*

Presented by

*The Fitness Center for
Women Only*

*Brookdale Park
Bloomfield, NJ
Sunday
September 16, 2007*

9:00 am

“Race for Their Future”
5K Run

2007 Entry Form

THE FITNESS CENTER FOR WOMEN ONLY
&
JUVENILE DIABETES RESEARCH FOUNDATION

Where: Brookdale Park, Bloomfield, NJ
When: Sunday, September 16, 2007
(Rain or Shine)

Scheduled Times:

3:00 am to
3:45 noon Registration
9:00 am Race Start
10:00 am to
11:00 am Post Race Awards &
Refreshments

Pre-Race Sign up available at Active.com
or by mail at:
The Fitness Center for Women Only
462 Broad Street, Bloomfield, NJ
(973) 429-2808

Entry Fee: by 9/9/07 \$ 20.00
after 9/9/07 \$ 25.00

Amenities:
All race participants will receive a
“Race for Their Future” commemorative
tee-shirt (while supplies last) and post race
refreshments.

For any additional information Contact:
Rachel Huelbig or Jean Oriental at:
(973) 429-2808

Last name

First name

Street address

City/town

State Zip Code

Phone# Date of Birth

Age on race day Sex (M or F)

E-mail address

Entry Fee

? Pre-Race—by 9/9/07 \$ 20.00

? After 9/9/07 \$ 25.00

Tee Shirt Size

? S ? M ? L ? XL

All checks made payable to:
The Fitness Center for Women Only
462 Broad Street, Bloomfield, NJ 07003
Downloaded from CompuScore
www.comcompuscore.com

Special Event - Waiver and Release Form

You, the participant, are aware that you are engaging in physical exercise and/or a special event that may cause serious injury or even death to you. You are hereby advised that you should be sufficiently physically fit to participate in these activities and should have consulted a physician prior to undertaking this or any physical exercise program.

If you are injured while participating in this or any program sponsored by The Fitness Center for Women Only and the Juvenile Diabetes Research Foundation (JDRF), you agree to “hold harmless” The Fitness Center for Women Only and the “JDRF” including any officers, employees or volunteers. You hereby waive all rights that you might otherwise have to sue. You understand that this waiver applies regardless of negligence or fault.

Name of Participant:

Signature:

Dated: ____/____/____