

Sat. March 29, 2008 - Hightstown, NJ

Schedule:

- 7:30 am Registration @ Hightstown HS
- 9:00 am Start - 1 Mile Fun Run/Health Walk
- 9:30 am Start - 5K Run

Awards & Door Prizes immediately following 5K

Start and Finish:

Hightstown High School track, Leshin Lane

Entry Fees:

- \$5 Fun Run/Walk only
- \$13 USA TF members; postmarked by 3/15/08
- \$15 early registration (postmarked by 3/15/08)
- \$20 after 3/15/08 or on race day

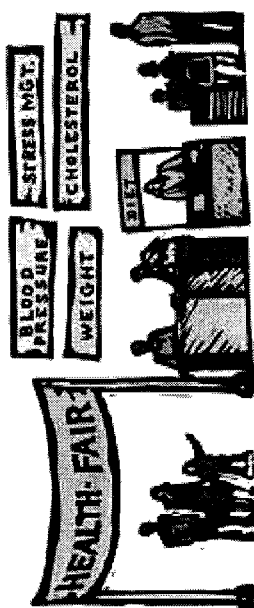
Long sleeved T-shirts provided to first 250 registered runners/walkers

5K Run Age Groups (Male & Female):

- 14 and under, 15-19, 20-24, 25-29, 30-34
- 35-39, 40-44, 45-49, 50-54, 55-59, 60+

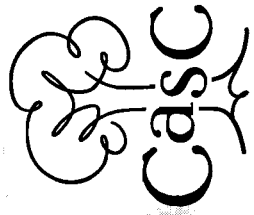
Free Health & Wellness Fair!

Come out and take advantage of the free health screenings, presentations, and vendors at our annual health and wellness fair!



MAIL ENTRY FORMS TO:

Community Action Service Center, Inc.
Attn: Mark Sheerin
PO Box 88
Hightstown, NJ 08520



Make checks payable to: CASC

For more information, contact:
Mark Sheerin at (732) 742-6868

CASC Run/Walk Entry Form

Name _____
 Age: _____ Birthdate: _____
 Sex (circle one): Male Female
 Address _____
 City _____ Zip _____
 State _____ Phone _____
 E-mail _____
 USA TF # _____

Check event below:

5K Run _____ 5K Walk _____ Fun Run _____
 (12 & under)

5 K Shirt Size (circle one): M L XL
 Fun Run Shirt (circle one): YM YL AM

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors for the CASC 5K Run and Health Walk for injury or illness which may directly or indirectly result from participation. I further state that I am in proper condition to participate in this event. I also give my permission for the free use of my name and/or picture in accounts of this event.

Signature _____
 (Parent's signature if under 18)
 Date _____

Lots of Awards and Prizes:

- ❖ **5K Run:**
 - \$250 top male and female overall.
 - Awards 3 deep in each age category.
 - Awards to overall masters male and female.
- ❖ **Fun Run:** Open to boys and girls, ages 12 and under. Medallions to all finishers and T-shirts to first 50 entrants.
- ❖ **Door prizes** will include gifts from local sponsors. 50/50 lottery also offered.

About CASC

Community Action Service Center, Inc. (CASC) is the primary non-profit organization in eastern Mercer County, NJ, facilitating family development and access to affordable health care, information, and support families need to build and maintain self-sufficiency.



CASC offers a wide range of family support programs, as well as referrals and outreach services that help strengthen families in our community. Through programs including our summer enrichment day camp, annual health and wellness fair, and Greater Goods Thrift Store, CASC seeks to improve the quality of living for all families in our area.

For more information about CASC, please visit our website at www.CASCmercercor.org.

Sponsorship & Participation

The CASC 5K Run and Health & Wellness Fair offer a great venue to promote your company or business. You'll have the opportunity to interact with over 500 local residents interested in shopping for personal items, family activities and household services.

If you would like to sponsor or participate in our health & wellness fair, contact:

Amanda Porter, CASC Board of Directors
mizporter@comcast.net
(609) 647-5015

The Course

A flat, fast, USATF-certified course through the beautiful tree-lined streets of Hightstown, New Jersey. The race starts and finishes at the Hightstown High School running track (the 2008 course is a new, there & back course).

Directions to Race

HIGHTSTOWN HIGH SCHOOL
Leshin Lane
Hightstown, NJ 08520

From the NJ Turnpike:

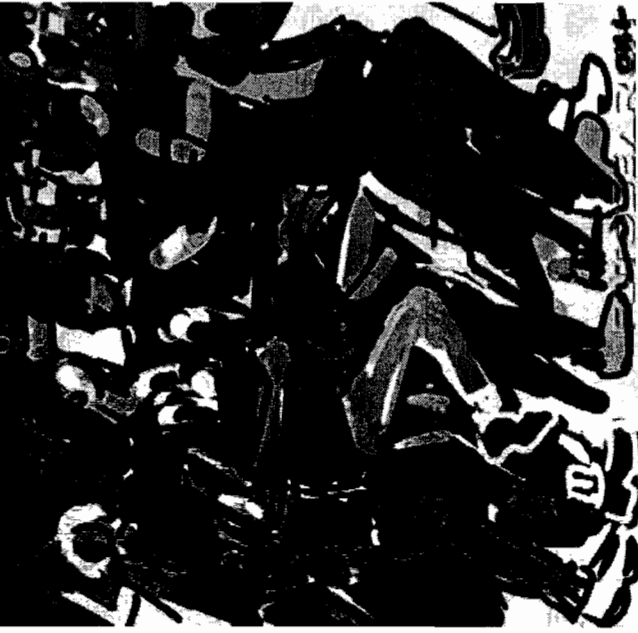
Take Turnpike to Exit 8. Exit onto Route 33 West towards Hightstown and proceed to "T" intersection; make left onto Main St. Bear right at the fork onto Mercer St. Take first left onto West Ward St. Make right onto South Main St. (Look for Race Signs!) Proceed to right on Leshin Lane. Turn right onto Leshin Lane and go 0.3 mile up to school and fields.

From Route 1:

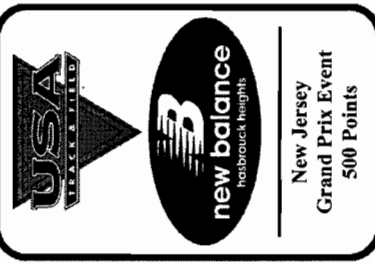
Take Route 571 East through West Windsor into the center of Hightstown. Make a right onto Main St. Bear right at the fork onto Mercer St. Take first left onto West Ward St. Make right onto South Main Street. (Look for Race Signs!) Proceed to right on Leshin Lane. Turn right onto Leshin Lane and go 0.3 mile up to school and fields.

CASC 5K Run

Health and Wellness Fair



Saturday, March 29, 2008



Benefiting
**Community Action
Service Center, Inc.**
of Mercer County!