



Liberty Corner 4 Miler And Kids' Dashes

To Benefit the
ADULT DAY CENTER OF THE VISITING
NURSE ASSOCIATION OF SOMERSET HILLS



SUNDAY, OCTOBER 12, 2008

Location:
Harry Dunham Park, Liberty Corner, NJ

Schedule:
8:00am Registration
9:30am 4 Mile Road Race
10:30am Kids' Dashes

Entry Fees:
\$18 Road Race fee by October 6th
(\$16 for USATF members)
\$20 Road Race fee after October 6th
and on race day
\$7 Kids' Dashes



Course:
Enjoy the fall foliage along our USATF certified scenic rolling course through Basking Ridge and Liberty Corner.

Awards:
1st, 2nd, 3rd male & female overall and in each age group. Finishers ribbons to all Kids' Dashes participants.

Age Groups:
14 & under to 75 & over in 5 year increments.

Amenities:
T-shirt to all registrants while supplies last.
Super post race refreshments, goodie bags, raffle.

Why we run: To support the growing needs of the elderly population in Somerset and Morris Counties. The Adult Day Center of the Visiting Nurse Association of Somerset Hills provides safe, reliable daytime programming for the frail elderly and chronically disabled older adult and respite for their caregivers. A day of active enrichment includes recreational activities, socialization, nutrition and health monitoring. This is a cost effective alternative to premature institutionalization for those loved ones who are not safe at home during the day.



**RAISE \$100 AND RUN FOR FREE
FOR INFORMATION**

908-766-0180 x151 www.visitingnurse.org mmerrill@visitingnurse.org



DIRECTIONS

From Rt 78: Exit 33 towards Bernardsville, after 1.5 miles, left at Valley Rd. (Rt 512). After .5 mile, bear left at Exxon onto Church St. Park is on left.
From Rt 287: Mt. Airy Road Exit, toward Liberty Corner. After 1 mile, right onto Lyons Rd. next right onto Church St. Park is on left.



2008 LIBERTY CORNER 4 MILER REGISTRATION FORM

Make checks payable to Adult Day Center of the Visiting Nurse Association of Somerset Hills
Mail to: Adult Day Center of the VNA of Somerset Hills, 200 Mt. Airy Rd., Basking Ridge, NJ 07920
Online Registration @ www.RaceForum.com/LibertyCorner

4 mile Kids' Dashes

last name	first name	phone	race entered
street	city	state	zip
date of birth	age on race day	sex	2008 USATF Number

Adult T-Shirt Size S M L XL Kids T-Shirt Size S M L

Guaranteed to all pre-registrants, race day registrants while supplies last.

Additional donations are greatly appreciated.
All proceeds go directly to the Adult Day Center of the Visiting Nurse Association of Somerset Hills.

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Bernards Township, the Adult Day Center of the Visiting Nurse Association of Somerset Hills, all officials, sponsors and volunteers, for any and all injuries suffered by me in this event. Further, I confirm that I am physically able to compete in the Liberty Corner 4 Miler and grant the right to use my likeness in any photographs and videotapes.

signature _____ date _____ signature of parent or guardian if under 18 _____

Enclosed payment: Check _____ Charge _____ AMT. _____ V MC AMEX DISC # _____ exp. _____
Credit cards will only be accepted for pre-registration.

RAIN OR SHINE • No baby joggers, skates, skateboards or headphones. For More Info Call 908-766-0180 Ext. 151