

Registration Form and Instructions for the

**Kenilworth Freedom Run  
and Walk  
(5K Run/2K Walk)**

**(Sunday) Sept. 26, 2010**

**(10 a.m.)**

*(rain or shine)*

**(Registration and packet pickup: 8:30 a.m.)**

Presented by the  
Kenilworth Historical Society  
in conjunction with the national  
"America Supports You" program,  
in support of the U.S. Armed Forces



**This USATF-sanctioned  
event starts from  
and finishes at:  
Kenilworth  
North 21st/N. 22nd  
Street Municipal  
Parking Lot  
(behind Kenilworth  
Seniors' Center,  
526 Boulevard)**

**Advance in-person registration** can be done at:

Kenilworth Borough Clerk's Office (Kenilworth Municipal Building, 567 Boulevard) or at Especially Yours Florist (13 North 20th Street).

**Registration forms are also available** at Especially Yours Florist (13 N. 20 Str., Kenilworth); at Kenilworth Public Library (548 Boulevard); on the Kenilworth Historical Society Web site ([www.kenilworthhistoricalsociety.org](http://www.kenilworthhistoricalsociety.org)); on the CompuScore Web site (<http://www.compuscore.com/>) or by calling 908-709-0434.

**Mail-in registration:** Please send payment (check made payable to the Kenilworth Historical Society), together with a completed registration form, to:

Kenilworth Historical Society  
567 Boulevard  
Kenilworth, NJ 07033

**Interested participants are strongly encouraged to register, in advance, as early as possible, to ensure T-shirt availability.**

**Directions**

**From Garden State Parkway, North or South:** Take Garden State Parkway North/South to Exit 138 (marked Kenilworth-Elizabeth southbound and Kenilworth-Roselle Park northbound). Turn left at the end of the exit ramp onto Galloping Hill Road, which becomes the Boulevard. Proceed straight on Boulevard. Turn right onto Michigan Ave. at traffic light. Turn left onto Monroe Ave. and proceed to David Brearley Middle/High School (401 Monroe Ave.) on the left. **(Parking available in the school lot.)** To walk to **5K/2K starting point**, exit school parking lot (rear gate) go left and proceed on Washington Ave. to N. 21st Street. Turn right and proceed to run/walk starting point (N. 22nd/N. 21st Street parking lot behind Seniors' Center, 526 Boulevard) on left.

**From I-78 East/West:** Take I-78 East/West to Exit 52 (Garden State Parkway South). Follow directions from Garden State Parkway North/South (above).

**From NJ Turnpike (I-95) North/South:** Take NJ Turnpike (I-95) North/South to Exit 14 (marked Newark Airport). After the toll booth at Exit 14, take I-78 West. Take I-78 West to Exit 52 (Garden State Parkway South). Follow directions from Garden State Parkway North/South (above).

**Parking available at David Brearley School, 401 Monroe Ave. (see above)**

**Starting/Finishing Location and Registration/Check-in on Sept. 26:**

North 21st/N. 22nd Street Parking Lot (behind Kenilworth Seniors' Center, 526 Boulevard), Kenilworth, N.J.

Registration/Package Pickup: 8:30 a.m.

5K Run and 2K Walk Start: 10 a.m.

5K Awards Presentation following race

**Course:**

Rolling, flat and hills, through tree-lined streets of historic, residential Kenilworth. Two water stops. Map showing 5K/2K routes will be posted in advance on Web site ([www.kenilworthhistoricalsociety.org](http://www.kenilworthhistoricalsociety.org)).

**Eight Designated Age Groups (5K Run):**

14 and under to 70 and over

**Awards (5K Run):**

Top Overall Male and Female Finisher

Top Three Male & Female (each age group)

**5K Run Scoring:** CompuScore Computer Services

**Results (same day):** [www.compucore.com](http://www.compucore.com)

**Amenities:** T-shirts, refreshments, other

**Optional monetary donations to purchase items needed by U.S.**

**troops** are welcome and may be made, in care of the Kenilworth Historical Society, at the time of registration.

**Proceeds**, after expenses are paid, will benefit the Kenilworth Historical Society's project to restore the 19th-century Oswald J. Nitschke House and transform it into a "living history" museum and cultural arts center.

**For further information, please call:** 908-709-0434

**Thank you for your interest and support!**

The Kenilworth Historical Society is an independent, non-profit, tax-exempt, 501 (c) (3) organization dedicated to the research, preservation and interpretation of the Oswald J. Nitschke House, local history and culture. For information, please call 908-276-9090 or visit our Web site (<http://www.kenilworthhistoricalsociety.org>).



**Kenilworth Freedom Run (5K) & Walk (2K)**

**Sept. 26, 2010 (10 a.m.)**

**Official Registration Form** (one form per participant)

Please make checks payable to the Kenilworth Historical Society and mail, together with completed registration form, to:

Kenilworth Historical Society  
567 Boulevard/ Kenilworth, NJ 07033

**Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **e-mail address:** \_\_\_\_\_

**Male:** \_\_\_ **Female:** \_\_\_ **Age (on race day):** \_\_\_ **Birth date:** \_\_\_

**T-Shirt Size:** Small: \_\_\_ Med.: \_\_\_ Large.: \_\_\_ XL.: \_\_\_ 2X: \_\_\_ 3X: \_\_\_

**5K Freedom Run Registration Fees:**

- \_\_\_ \$18: Fee for USATF members (by Sept. 17) Membership #: \_\_\_\_\_
- \_\_\_ \$20: Advance registration fee (for non-USATF members) by Sept. 17
- \_\_\_ \$25: Fee for all 5K registrations received after Sept. 17

**2K Freedom Walk Registration Fees:**

- \_\_\_ \$ 8: Advance registration fee (by Sept. 17)
- \_\_\_ \$10: Fee for all 2K registrations received after Sept. 17

Registration fee enclosed: \$ \_\_\_\_\_

Optional donation for package to U.S. troops enclosed: \$ \_\_\_\_\_

**Waiver/Release:** In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Borough of Kenilworth, Kenilworth Historical Society, Kenilworth Seniors' Center/Senior Citizens Club, David Brearley Middle/High School, County of Union, USATF, CompuScore, their staff, officers, volunteers, successors and assigns for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in the 9/26/10 5K Run or 2K Walk.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

(Parent/guardian signature if participant is under 18 years of age)