

# TOENTER

Mail form below with check payable to : **The James D'heron Memorial Foundation, Inc.** and send to :

The James D'heron Memorial Foundation, Inc. c/o Erin Varga · P.O. Box 5115 · New Brunswick, NJ 08903

or Register online at [www.jimmyd5k.com](http://www.jimmyd5k.com)

EIN # 20-2822499

## RACESCHEDULE

09/02/11 5 p.m. - 8 p.m. & 09/03/10 12 noon - 3 p.m. - Registration & Early Packet Pick-Up at:

**Road Runner Sports - The Shoppes at North Brunswick**

09/04/11 7:15 a.m. - 8:45 a.m. : Registration & Packet Pick-Up at the Stadium.

9:00 a.m. : 5K run/walk START

10:00 a.m. (estimated): Fun Run START

10.30 a.m. (estimated): Award Ceremony

10:00 a.m. - 2:00 p.m. : Post Race Activities including : BBQ\*, Beer Garden\*, Music and Children's activities  
to include: Moon Bounce & Clowns, Face Painting & more

\*Free for all 5K participants

## AWARDS

1st Place Male & Female Firefighters

1st Place Male & Female Police Officers

1st Place Male & Female EMS/EMT

1st Place Male & Female Military

1st Place Male & Female New Brunswick Residents

Top Three (3) Male and Female overall

Age Group Awards (male & female) • 14 and under to 80 and over (5 years)

TEAM Competition : Divisions FF/PO/EMT-EMS/Military - Top 3 Score - 1st, 2nd & 3rd place awards - PRE-ENTRY ONLY

TEAM application available online at [www.jimmyd5k.com](http://www.jimmyd5k.com)

Top Three USATF-NJ Masters Women Overall finishers and Top Three USATF-NJ Masters Women Age Graded

finishers: \$300, \$200, \$100 - no duplicates

**Results : [www.compuscore.com](http://www.compuscore.com)**

## RACELOCATION

Memorial Stadium, Joyce Kilmer Avenue (between 9th & 12th Streets) - New Brunswick, NJ.

Directions and map at [www.jimmyd5k.com](http://www.jimmyd5k.com)

## COURSE

The Jimmy D 5K is an out and back, USATF certified course with mile clocks, and a water station at Fire Headquarters. The race begins outside Memorial Stadium on Joyce Kilmer Avenue and finishes on the new stadium track.

## RACECONTACTINFO

Erin Varga · 732.803.5871. Email at [vargzz@gmail.com](mailto:vargzz@gmail.com)

## ENTRYFEE

08/26/11 or Earlier PRE-Registration : \$20 | \$18 for USATF PRE-Registration

Race Day : \$25

Join the James D'heron Memorial Foundation, Inc. & support Elijah's Promise!

Bring one of the following on race day: Bulk Condiments (1/2 gal or larger) OR

Bulk Canned Vegetables (No smaller than 14-16 oz) For more information please visit [elijahspromise.net](http://elijahspromise.net)



**Sunday, September 4, 2011**

**9 A.M.**

**Rain or Shine**

Memorial Stadium, New Brunswick, NJ 08901

[www.jimmyd5k.com](http://www.jimmyd5k.com)

**Official USATF-NJ  
Masters Women's  
Championship**

Benefiting

■ ■ **SAINT BARNABAS  
HEALTH CARE SYSTEM**

*Saint Barnabas Burn Foundation*



# James J. D'heron

(b. 1953 – d. 2004)  
New Brunswick, New Jersey

Jimmy was sworn into the New Brunswick Fire Department in January 1980, promoted to Captain in 1994, and promoted to Deputy Chief in 2001. Jimmy received numerous citations during his career, and awards from both the NJ State FMBA and the St. Barnabas Burn Center. He was a career firefighter for 24 years. He was the President of New Brunswick Fire Department Firefighters FMBA Local 17 & Fire Officers FMBA Local 217. Jimmy was also the State Executive Delegate for Fire Officers Local 217. Jimmy was a fantastic husband, father and grandfather. His favorite pastimes were golfing and surfing. Jimmy was a force to be reckoned with, the more something challenged him the better. He was a true friend, and humble human being. He loved his life, and let everyone know how great it was! Jimmy was a great man, a skilled leader and a firefighter's firefighter.

On September 3, 2004 my father made the ultimate sacrifice, so that others could live.

Thank you for joining us as we remember him, and celebrate all that he believed in.

Thank you, and keep on running,  
Erin Varga



Proud to be part of



### The Firefighter Triple Crown

New Brunswick  
**The Jimmy D Memorial 5K Run/Walk**  
September 4, 2011

Lake Como, NJ  
**The Fallen Heroes 5K Memorial Run**  
September 10, 2011 : [www.njfmba.org](http://www.njfmba.org)

Jersey City  
**The Carlos Negrón Memorial 5K**  
October 2, 2011



2011

North Brunswick  
**31st Annual Memorial Day 5K Walk/Run**  
May 30, 2011

East Brunswick  
**East Brunswick Road Races**  
**John Ragone 5K**  
October 16, 2011 : [www.EBRR.org](http://www.EBRR.org)

South Brunswick  
**Run with the Vikings**  
November 6, 2011 : [www.RWTV5K.com](http://www.RWTV5K.com)

### Official USATF-NJ Masters Women's Championship



### RUNNERSCLINIC

**Road Runner Sports**  
North Brunswick  
August 9, 2011 - 6 p.m.  
Shoe Dog Gait Analysis  
10% Discount  
20% Discount for VIP's  
Raffle for Free Shoes  
Light Snacks and Beverages

### 2011SPONSORS

ROAD RUNNER SPORTS  
HARVEST MOON  
BARKO CONSULTING  
SYSCO  
HIGH GRADE BEVERAGE  
SUITE 6 DESIGNS

# ENTRYFORM'11

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

DOB: \_\_\_\_\_ Age on race day: \_\_\_\_\_

10 Digit USATF # \_\_\_\_\_

Time Chips will be provided.

Male / Female (circle one)

Firefighter | Police Officer | EMS/EMT | Military (circle one)

T-shirts guaranteed for all who pick up bibs at Road Runner Sports on Friday or Saturday. Race Day T's will be available on a first-come, first-served basis.

### Kids Fun Run Registration - \$10.00 per child

Includes: Race T-Shirt, Goodie Bag, Custom Medal, Moonbounce, Cotton Candy, Ice Cream, Face Painting, Food & much more!

## KIDSREGISTRATION

Child Name: \_\_\_\_\_ Child Age: \_\_\_\_\_

Child Name: \_\_\_\_\_ Child Age: \_\_\_\_\_

Child Name: \_\_\_\_\_ Child Age: \_\_\_\_\_

## MAKEADONATION

I would like to make a tax exempt donation to the James D'heron Memorial Foundation, Inc. (JDMF)

In the amount of \$ \_\_\_\_\_

EIN# 20-2822499

The James D'heron Memorial Foundation is a non-profit 501(3)c organization

WAIVER: In consideration of this entry being accepted, I hereby myself, heirs, executors and administrators waive and release any claims I may have against the James D'heron Memorial Foundation, The Jimmy D 5K, The City of New Brunswick, their officers, volunteers, successors and assigns for injuries that may be suffered by me during this event. Further, I am physically able to participate in this event and grant the right to use my likeness in any photographic record of the Jimmy D 5K.

signature of entrant or parent/guardian if under 18 Date