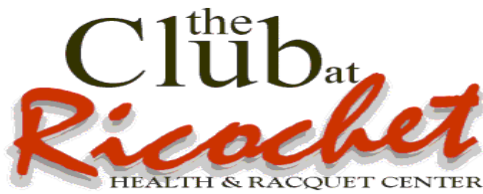


**South Plainfield Alliance for Substance Awareness
along with**



&



Present

**The Eighteenth Annual 5K Labor Day Race
&
1.5 Mile Family Fitness Walk**

**Monday September 1, 2008
9:15am (dependant on parade marshals)**

Location: 1250 Maple Ave (The PAL)
South Plainfield, NJ 07080
Start and Finish at Jost Field

Entry Fee: 5K Race: \$15.00 for pre-entries received by August 21, 2008
\$20.00 after August 21 or day of the race
\$5.00 for students (valid school ID or report card
must be presented) *Not prize eligible!

1.5 Mile Fitness Walk: \$5.00 per individual/family

Entry Form

(Please detach here)

(Please print clearly)

Last Name _____

First Name _____ Year of Birth: _____

Mailing Address _____

City _____ State _____ Zip Code _____

Check One: 5K Race Fitness Walk Sex M F Age on Race Day

Signature _____ Date _____

Under 18 Parent Signature: _____ Date _____

In Consideration of this entry form being accepted, I, the undersigned intend to be legally bound hereby, my heirs, executors and administrators, waive and release the SOUTH PLAINFIELD ALLIANCE FOR SUBSTANCE AWARENESS, the South Plainfield Education Foundation, all race supervisors, workers, sponsors and volunteers for any and all injuries, including death, suffered by me in the said event. I verify that I am physically fit for the completion of the event.

Please mail completed applications to:

**Fredrik Oberkehr
C/o Roosevelt Administration Building
Attn: 5K Race and Fitness Walk
125 Jackson Ave
South Plainfield, NJ 07080**

**\$15.00 application fee for 5K race (before 8/21: \$20 after 8/21)
\$5.00 for students (valid school ID or report card must be
presented) *Trophy only! Not prize eligible!
\$5.00 application fee for the fitness walk**

**Make checks payable to:
South Plainfield Education Foundation or S.P.E.F.**

Please Say, "NO" TO DRUGS!

- * Ricochet/SPASA 5K Race and 1.5 Mile Fitness Walk
 - * On site registration will begin at 8:15am
 - * Parking available in areas near the football field
 - * Please do not park at the field
 - * Race to be run the length of the parade route
 - * Fitness walk turn around at municipal building
 - * Race/walk scheduled to begin 9:15 (dependant upon parade)
- Refreshments at the conclusion of the race provided by:

Commerce Bank
Bagel Pantry
Columbia Bank
Flannigan's Restaurant
Twin City Pharmacy

Awards:
 Overall First Place Male & Female receives:
 \$100.00 CASH, courtesy of **Lynn / Hudd Steel**, and a
 ONE MONTH FREE MEMBERSHIP to **The Club at
 Ricochet** and a trophy.
 *Overall winners will not receive a prize or a trophy for
 their individual age group.

A \$50.00 gift Certificate. Donated by **HOME DEPOT**
 and **Sportworld**. Also a trophy to each *first place*
 finishers in each prize eligible group, male and female.

ONE MONTH FREE MEMBERSHIP **The Club at
 Ricochet** and a trophy to *second place* finishers in each
 Prize eligible group, male and female.

Trophies donated by **Joe Romer Trophy Shop**

5K Race Age Categories:

- 14 & under (not prize eligible, trophy only) ,
- 15-19 (not prize eligible, trophy only) ,
- 20-29, 30-39, 40-49, 50-59, 60 & over (prize/trophy eligible)

DIRECTIONS FROM 287 NORTH:

Take 287 North and get off at South Plainfield, Durham Ave. (Exit 4). Bear right off exit onto Durham Ave. Go to second light and bear right onto Hamilton Blvd. Stay on Hamilton Blvd., going through two lights and over a railroad track. At next light, right onto Maple Ave. and proceed to PAL/High School Football Field (on right about ¾ mi.) Registration is at the football field parking lot.

DIRECTIONS FROM 287 SOUTH:

Take 287 South to the Stelton Road/Edison Exit (Exit 5). There will be a traffic light at which you turn left onto Stelton Rd. Go to the second traffic light and make right onto Hamilton Blvd. Approximately one mile to next light make a left onto Hamilton Blvd. (same road). Proceed as above along Hamilton Blvd.

Run or walk before 10,000+ Labor Day Parade spectators

Proceeds to support drug awareness activities of the South Plainfield Alliance for Substance Awareness
 T-Shirts to the first 100 entrants to the 5K Race * T-Shirts to first 40 entrants to the Fitness Walk *
*Massages provided by Dr. Patrick M. Aiello * Scoring by Best Race Systems (www.bestrace.com)*

Sponsor Listing: 18th Annual Ricochet / SPASA & SPEF 5K Race and Family Fitness Walk

Corporate Sponsors



Joe Romer Trophy Shop

Community Sponsors

SPORTWORLD

- * **Sherban's Diner/Restaurant * Giakas Cleaners***
- * **K.C.'s Korner Bar and Restaurant ***
- * **Spring Lake Shell Service Center ***
- * **McCrisken Home for Funerals * Columbia Bank ***
- * **Commerce Bank * Bagel Pantry ***
- * **Twin City Pharmacy * Ciccio's Pizza ***
- * **South Plainfield Funeral Home ***
- * **Casablanca is Hair * Flanagan's Restaurant ***
- * **Mohn's Florist * Buy-Rite Auto Parts ***
- * **Dr. Patrick M. Aiello * Presto Printing Service ***
- * **South Plainfield PAL * The Boyle Memorial Fund ***
- * **Schulz Landscaping * Hometown Heroes ***

Please Say, "NO" TO DRUGS!