

The 31st Annual 5K Labor Day Race & 1.5 Mile Family Fitness Walk

The 31st Annual *SPASA & SPEF Labor Day 5K Run* will be held on September 4, 2023. In addition to the 5k run, there will be a 1.5 mile Family Fitness Walk again this year. We hope to increase the number of participants in support of family togetherness and a positive drug-free, fun-filled fitness lifestyle.

This year's 5k run is \$15.00 before August 13, 2023, and \$20.00 after through the day of the race. Computer timing will be handled by Best Race Systems and race results will be posted on the Internet at www.bestrace.com.

The entry for the walkers is \$5.00 per person and/or family.

The race will begin and end on Lake Street next to the South Plainfield Middle School. Both the 5k Run and Family Walk will begin at 11:30 a.m., depending on the parade marshals, with registration starting at 10:15 a.m. Upon arrival, there will be two tables set up- one for pre-registered runners and another for race day entries.

Please note that all proceeds from the race go to supporting the efforts of the South Plainfield Alliance for Substance Awareness (SPASA) and the South Plainfield Education Foundation (SPEF) in making the South Plainfield community drug-free and inspiring our students to achieve academically with positive incentives, education grants, and scholarships.

Bring a friend in support of healthy exercise and reducing substance abuse. Following the 5k Run and Family Walk, stay the day to enjoy the Labor Day Parade, games, picnics, and firework festivities!

Online registration: <https://runsignup.com/Race/NJ/SouthPlainfield/5KLaborDayRace>