

The 28th Annual 5K Labor Day Race & 1.5 Mile Family Fitness Walk

The 28th Annual *The Club at Ricochet/SPASA & SPEF Labor Day 5K Run* will be held on September 3, 2018. In addition to the 5k run, there will be a 1.5 mile Family Fitness Walk again this year. Having over 300 runners and 30+ walkers last 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 pre-entry registration is \$15.00 (by August 15) or a \$20.00 fee after August 15th and on race day. The first 100 pre-registered 5k entrants that register **before August 15** for the race will receive a T-shirt along with a bag of various items and substance awareness information. Computer timing will be handled by Best Race Systems and race results will be posted on the Internet at www.bestrace.com. Please do not mail applications after August 15th due to the possibility of not arriving to the post office box in time.

The entry for the walkers is \$5.00 per person and/or family. T-shirts and substance awareness information packets will be given to the first 40 participants to pre-register **before August 20 for the walk.**

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 9:30 a.m., depending on the parade marshals, with registration starting at 8:15 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!

[Click here for Application link](#) or visit

(http://vision2001.org/wordpress1/wp-content/uploads/2014/07/2018_Race_Application.pdf)