

**South Plainfield Alliance for Substance Awareness (SPASA)
along with:**



~Presents~

**The 29th Annual 5K Labor Day Race
&
1.5 Mile Family Fitness Walk**

Monday September 2, 2019

9:30 AM*

*(actual start time is dependent on parade marshals)

*****All registrations will begin at 8:15 am*****

LOCATION: *South Plainfield Middle School*
2201 Plainfield Avenue, South Plainfield, NJ 07080
Start and Finish on the left side of the Middle School, on Lake Street

PARKING: Limited parking available at **Grant School:**
305 Cromwell Place, South Plainfield, NJ 07080

ENTRY FEES:

<p align="center">5K Race: (per runner)</p>	<p>ADULTS, AGES 20 and over:</p> <p align="center">Pre-Entry (before Aug 15): \$15.00</p> <p align="center">August 16 to Labor day: \$20.00</p> <p>STUDENTS*: \$5.00 Please register before Aug 15 (valid school ID or report card <u>must</u> be presented) *Students age 19 and under are <u>not</u> prize eligible! <u>DO NOT</u> mail after Aug 15; bring in person!</p> <p><i><u>Coaches: please keep accurate lists!</u></i></p>
<p align="center">1.5 Mile Fitness Walk:</p>	<p align="center">\$5.00 (per individual and/or family)</p>

* T-Shirts to the first 100 pre-registered entrants to the 5K Race & first 40 entrants to the Fitness Walk *

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 and trophy eligible**

(Awards will not be mailed)

Trophies donated by **Joe Romer Trophy Shop**

Scoring by Best Race Systems (www.bestrace.com)

Directions from 287 North:

Take 287 North and get off at South Plainfield, Durham Ave (Exit 4). Bear right off exit onto Durham Avenue. Go to the second light and bear right onto Hamilton Blvd. *Stay on Hamilton Blvd., going through 2 lights. Continue straight – (road name changes to Lakeview Avenue at the bridge) through the next traffic light (SP Fire House on the corner). Continue straight (road name changes to Plainfield Avenue) past Spring Lake Park on the right. At the second light make a right turn. Pass the South Plainfield Middle School on the right. Make the right onto Lake Street – registration will be set up on the left side of the school on Lake Street.

PARKING AT GRANT SCHOOL – AT THE END OF LAKE STREET ON THE LEFT.

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 Road. Take Stelton Road 2 lights to Hamilton Blvd. – make a right onto Hamilton Blvd. Take Hamilton Blvd. to the end at the traffic light – make a left (the road is still Hamilton Blvd.) Follow directions above for the remainder.

ENTRY FORM

Labor Day 5K Race & 1.5-mile Family Fitness Walk

5K Race: \$15 per person before 8/15 * \$20 per person after 8/15 * \$5 for students with ID

Fitness Walk: \$5 donation per family

CHECK ONE: 5K Race Fitness Walk

T-Shirt Size: _____

(5K Race only)

Bib # _____

Payment information: Check Check # _____ Amt \$ _____

Cash Amt \$ _____

Last Name _____ First Name _____

Sex: M F Year of Birth: _____ Age on Race Day

Street Address _____ County _____

City _____ State _____ Zip Code _____

Phone Number: (____) _____ Email address: _____

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, and/or my child who is participating, is physically fit for the completion of the event.

Please mail completed applications and **make checks payable to:**

South Plainfield Education Foundation or S.P.E.F.
Attn: 5K Race and Fitness Walk, P.O. Box 733, South Plainfield, NJ 07080

\$15.00 application donation for 5K race before 8/15 (\$20 after 8/15)

\$5.00 for students* (Valid school ID or report card must be presented) *Trophy only! Not prize eligible

\$5.00 application donation per family for the fitness walk

Don't mail application after Aug 15; bring in person!

* Ricochet/SPASA/SPEF 5K Race and 1.5 Mile Fitness Walk

* On site registration will begin at 8:15am

* Limited Parking available at Grant School

* Please do not park at the High School or Middle School

* Race to be run the length of the parade route

* Be a part of almost 300 other participants

* Fitness walk turn around between Spring Lake Park and the standing clock at Monument Park.

* Race/walk scheduled to begin 9:30 am (dependent upon parade marshals)

Refreshments for the race provided by: Bagel Pantry, Columbia Bank, Twin City Pharmacy

AWARDS

Overall* First Place Male & Female receives: \$100.00 CASH, courtesy of our Major Corporate Sponsors, 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.

First place: A \$50.00 cash award donated by our Major Corporate Sponsors also a trophy to each *first place* finisher in each prize eligible group, male and female.

Second Place: ONE MONTH FREE MEMBERSHIP *The Club at Ricochet* and a trophy to *second place* finisher in each prize eligible group, male and female.

5K Race Age Categories (Awards will not be mailed)

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 and trophy eligible**

Trophies donated by **Joe Romer Trophy Shop**

Please Say "NO" TO DRUGS!

Run or walk before 10,000+ Labor Day Parade spectators
Proceeds to support drug awareness activities of the South Plainfield Alliance for Substance Awareness, and
The South Plainfield Education Foundation for educational programs and scholarships

- * T-Shirts to the first 100 pre-registered entrants to the 5K Race*
- * T-Shirts to first 40 entrants to the Fitness Walk *

* Scoring by Best Race Systems (www.bestrace.com)

Sponsor Listing: 29th Annual Ricochet / SPASA & SPEF 5K Race and Family Fitness Walk

Major Corporate Sponsors



Twin City Pharmacy & Surgical

1708 Park Ave. So.Plainfield,



*Joe Romer
Trophies
Edison, NJ*



the Club at
Ricochet
HEALTH & RACQUET CENTER



The Boyle Memorial Foundation



Walgreens
AT THE CORNER OF **HAPPY & HEALTHY**[®]



**Columbia
Bank**

Count on Columbia



McCriskin - Gustafson

FAMILY OF FUNERAL HOMES

INDEPENDENT & LOCAL

Treasured Community Sponsors

*** Bagel Pantry ***

*** Hometown Heros * Mohn's Florist ***

*** Presto Printing Service ***

*** UPS Store of South Plainfield ***

South Plainfield Board of Education

Please Patronize our Local Sponsors!