

# The Glen Ridge Community Fund presents The 11th Annual 5K Walk or Run, April 15, 2006

**Start Time:**

9 A.M., Saturday April 15, 2006

**Distance:**

USAFT Cert. 5K (3.1 miles)

**Race Day Registration:**

7:45 A.M. to 8:30 A.M.

**Warm-Up:**

All are invited to a pre-race stretch and warm-up at 8:30 A.M.

**Kids Fun Run**  
for ages 10 and  
under at 8:15 A.M.  
No fee!  
Prizes for all!!

**Entry Fee:**

\$17/adult, \$10/student  
(proceeds to benefit the GRCF)

**Register:**

Use the form below or  
on-line at [www.grcf.org](http://www.grcf.org), or  
[www.compucore.com](http://www.compucore.com)

**Start:**

Hurrell Field, Glen Ridge  
at the corner of  
Belleville & Sherman Aves.  
(directions below)



**T-shirts while supplies last to all entrants**

**Cold refreshments served by member agencies ■ Prizes for top finishers**

**Directions:** **Northbound** Garden State Parkway exit 148 (Bloomfield Avenue). Take Bloomfield Ave (west) about a mile to Ridgewood Ave in Glen Ridge, make right (north). Go one traffic light (first intersection) make left onto Belleville Avenue. Look to park; start of race is just one block up on Sherman. **Southbound** GSP exit 149, bear right then first left onto Belleville Ave (westbound). Go about a mile across Ridgewood Avenue and look to park.

**Walk or Run for the Fund Registration**

One form per entrant please. Attach other sheets if desired.

Walker \_\_\_\_\_

Runner \_\_\_\_\_

Name \_\_\_\_\_ Gender \_\_\_\_\_ Age (as of 4/10/06) \_\_\_\_\_

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

*In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge The Glen Ridge Community Fund or the Borough of Glen Ridge and their employees and officials from any claim arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved, and I am physically fit and sufficiently trained to participate in this event.*

**Make checks payable to: Glen Ridge Community Fund. Send with registration to P.O. Box 27, Glen Ridge, NJ 07028**

\_\_\_\_\_  
*Signature (Parent's signature required if registrant is under 18)*

**Runner/Walker:** 40+ \_\_\_\_\_ 30-39 \_\_\_\_\_ 20-29 \_\_\_\_\_ 13-19 \_\_\_\_\_ 12 & under \_\_\_\_\_ ■ **Blader:** 18 & over \_\_\_\_\_ 17 & under \_\_\_\_\_

