

# BERKELEY HEIGHTS YMCA

## MOTHERS DAY 5 K RUN / WALK

Sunday, May 11, 9:00 am

Memorial Park, Berkeley Heights NJ



Benefit run for YMCA's Strong Kids Campaign  
funding Y Cares Financial Assistance Program

**Sunday, May 11, 9:00 am**

**Registration on race day:** 7:30 to 8:30 am

**Place:** Memorial Park, Berkeley Heights, New Jersey

**Cost:** \$16.00 before April 30 / \$20.00 thereafter.

**Awards:** Special Mother's Awards, M/F overall, M/F (3 deep), 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.

**Race Course:** Start and finish behind Memorial Field (between Plainfield and Park Avenues) **RACE COURSE ON BACK**

**Timing:** [www.bestrace.com](http://www.bestrace.com)

**Makes checks payable to:** Berkeley Heights YMCA

**Mail to:** Berkeley Heights YMCA, 550 Springfield Avenue, Berkeley Heights, NJ 07922, Attn: Tom Metzler.

**Register online at:** [www.active.com](http://www.active.com)

**For more information contact:** Tom Metzler, Health and Fitness Director, Berkeley Heights YMCA, 908-464-8373

Name \_\_\_\_\_ Age on 5/11/08 \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

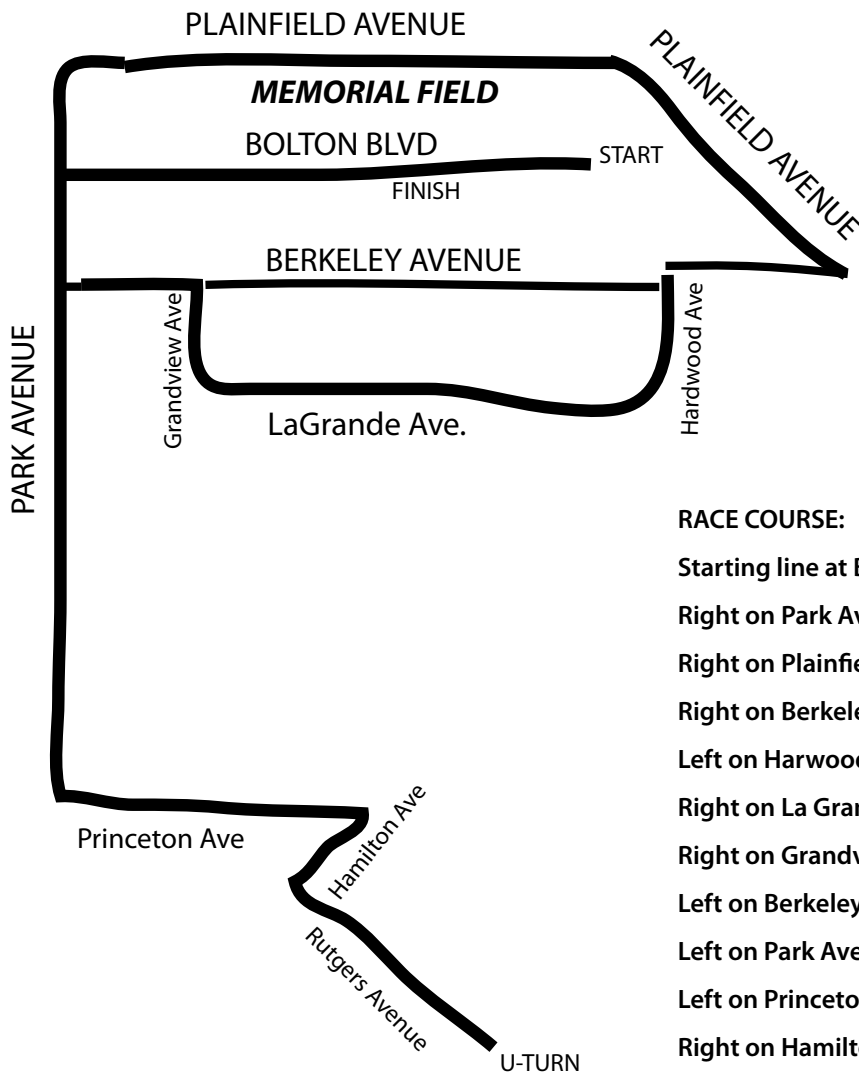
Running as: Mother / Son \_\_\_\_\_ Mother / Daughter \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

T-Shirt Size Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_

The YMCA, the town of Berkeley Heights, their leaders, officers, sponsors and/or anyone else connected with the race shall not be liable for any injuries, illness, loss or damage to any person or property as a result in participation of this race. Each participant assumes the risk associated with a running event. I release any and all liability attributable in any legal way to the aforementioned groups. I attest to the best of my knowledge that I am physically fit and am able to compete in the Mother's Day 5K.

Please Sign (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_



**RACE COURSE:**

- Starting line at Bolton Blvd
- Right on Park Avenue
- Right on Plainfield Avenue
- Right on Berkeley Avenue
- Left on Harwood Avenue
- Right on La Grande Avenue
- Right on Grandview Avenue
- Left on Berkeley Avenue
- Left on Park Avenue
- Left on Princeton Avenue
- Right on Hamilton Avenue
- Left on Rutgers Avenue U-trun on Rugers (just before Mountain)
- Right on Hamilton Avenue
- Left on Princeton
- Right on Park Avenue
- Right on Bolton Avenue
- Proceed to finish line.