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GOODWILL 5000 METER RUN
P.O. BOX 7026
NEWARK, NEW JERSEY 07107-9900

WELCOME WALKERS!

4th Annual Goodwill 5000 Meter Run

Saturday, November 15th 2008

Start/Finish:



Corner of Bloomfield & South Mountain Avenues,
Montclair, New Jersey

To Benefit:

Goodwill
RESCUE MISSION

"I have fought the good fight, I have finished the race,
I have kept the faith"

Goodwill 5000 Meter Run/Jog/Walk

DISTANCES: 5K Run/Jog/Walk & 1 Mile Fun Run

The Goodwill 5000 Meter Run is a USATF-NJ 500 Point race. Open to runners, joggers & walkers of every ability!

COURSE:

The 5K follows a USATF certified two-turn course along South Mountain Avenue through the Estate Section of Montclair. The one-mile race is an "out & back" route along South Mountain Avenue.

WHEN:

Saturday, November 15, 2008

START & FINISH:

The Montclair Art Museum
3 South Mountain Ave, Montclair, New Jersey
(Corner of Bloomfield Ave and South Mountain Ave)

TIME:

5000 Meter Run: 8:30 AM Sharp
1 Mile Fun Run: 8:00 AM Sharp

5000 METER RACE PACKET & CHIP PICK-UP:

7:00 AM – 8:15 AM
Montclair Art Museum Auditorium

REGISTRATION FEES

5K ~ PRE REGISTRATION: \$20.00 or \$18.00 for USATF members. Must be post marked by 11/10/2008.

5K ~ RACE DAY REGISTRATION: \$22.00

FUN RUN: \$8.00

ON- LINE REGISTRATION: WWW.ACTIVE.COM

QUESTIONS:

Contact Aubrey Blanda
Aubreyblanda@yahoo.com or 973-865-1919

" I have fought the good fight,
I have finished the race,
I have kept the faith "

AWARDS

The awards ceremony will be held in the Museum auditorium. Awards are three deep, no double-dipping, in the following age categories: -10, 10-14, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, etc., through all master's divisions.

AMENITIES

Champion Chip timing. Custom-designed longsleeved T-shirts and race bags to the first 800 registrants. Trophies and prizes awarded to overall and masters male and female finishers and age-group winners. Post-race refreshments featuring Starbucks coffee and Bloomfield's Best Bagels.

BENEFITS

Proceeds benefit The Goodwill Rescue Mission of Newark, New Jersey (non-profit), providing shelter, food and counseling to the poor and homeless since 1896.

BRING CANNED GOODS

Entrants are encouraged to bring a canned food item to the registration table to help fill the Goodwill Rescue Mission's food bank.

DIRECTIONS

From the Garden State Parkway take Exit 148 (Bloomfield Avenue). Travel West on Bloomfield Avenue approximately 2.5 miles to the Montclair Art Museum (on the left). You will be directed where to park once you reach the Museum.

NOTE: No parking on South Mountain Avenue. Parking is available on North Mountain Avenue and along Bloomfield Avenue.

Official Entry Form

Event: Check One: 5K _____ 1 Mile _____

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Email: _____

Pre-Race Day Announcements Are Via Email!

Age: (As of 11/15/ 2008): _____ **Sex:**(M/F) _____

Date of Birth: / /

FEES

CHECK PAYABLE TO: Goodwill Rescue Mission
MAIL TO: GRM, Attn: Joan Fiveland
P.O. Box 7208
Newark, NJ 07107-9900

GW 5000M Fee: By 11/10/08 **\$20.00** _____

Race Day **\$22.00** _____

GW ONE MILE: **\$8.00:** _____

USATF MEMBERS ONLY: (Pre-Race) \$18.00 _____

USATF NUMBER: _____

GOTR MEMBERS ONLY: (Pre-Race) \$18.00 _____

WAVIER

In consideration of the acceptance of my entry, I myself, my representatives and assigns do hereby release and discharge the Goodwill Rescue Mission, it's employees, the Township of Montclair, The Montclair Art Museum, the race officials, volunteers, sponsors (hereinafter releases) for 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. I am at least 18 years of age or have had this release signed by my parent/guardian if I have not yet reached the age of 18.

Participant Signature or Guardian if under age 18

Date: _____/_____/2008 **Shirt Size:** S, M, L, XL