



# The JFK "Miles for Minds" 5K & Fun Run/Walk

## Sunday, July 26, 2009

Rain or Shine

### Location

Roosevelt Park, Edison, NJ

### Schedule

7:30 am - 8:30 am

Registration

8:30 am

1 Mile Fun Run/Walk Starts

9:00 am

5K Race Starts

Awards ceremony and post celebration immediately following the 5K race.

### Registration

Online at [www.active.com](http://www.active.com),  
[www.practicehard.com](http://www.practicehard.com)  
or [www.bandracetiming.com](http://www.bandracetiming.com)

Mail this form and check to:  
Donna M. Meade, Exec. Director  
JFK Medical Center Foundation  
80 James St., Edison, NJ 08820

### Entry Fees

\$18 5K (USATF-NJ by 7/18)

\$20 5K (by 7/18)

\$25 5K (after 7/18 or on race day)

\$5 1 Mile Fun Run/Walk

There are no refunds after entry form is received.

Tee shirts provided to the first 250 registered runners/walkers!

### Course

USATF-NJ Certified Course and Sanctioned Race. Park loop on roads and paved trails. Scenic, wooded and lakeside.

### Awards

Top 3 Overall Male & Female  
& Top 3 Overall Male & Female in each age group.

### Age Groups

(5 year increments)

14 and under, 15-19, 20-24,  
25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64,  
65-69, 70+

### Scoring

[www.compuser.com](http://www.compuser.com)

### Medical/Safety/Water

Course traffic controlled and marshaled. Emergency medical technicians on-site. Water will be available at the start, finish and on the course.

### Amenities

Health screenings, display tables, family activities.

### Directions

[www.co.middlesex.nj.us/parksrecreation/index.asp](http://www.co.middlesex.nj.us/parksrecreation/index.asp)

Make checks payable to: JFK Medical Center Foundation

Name: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

DOB \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

E-Mail: \_\_\_\_\_ 2009 USATF-NJ: \_\_\_\_\_

Waiver/Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, and administrators, waive and release any claims I may have against the JFK Medical Center Foundation, the County of Middlesex, NJ, their staff, officers, volunteers and successors and assigns for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in the 5K and/or 1 mile fun run/walk. I permit the JFK Medical Center Foundation free use of my name and photograph in any film, videotape, brochure, newspaper, reports and promotions of this event or future events.

Signature: \_\_\_\_\_

(parent's signature if under 18)

Date: \_\_\_\_\_

#### Entry Fees (please check)

- \$18 5K (USATF-NJ by 7/18)
- \$20 5K (by 7/18)
- \$25 5K (after 7/18 or on race day)
- \$5 1 Mile Fun Run/Walk

Payment Enclosed \$ \_\_\_\_\_

Tee shirt size (circle one)

Y   S   M   L   XL   XXL