

## 2nd Annual

JFK MEDICAL CENTER

## Miles for Minds



To Benefit The Center for Head Injuries

*Sunday, July 25, 2010*  
*7:30 am-8:30 am Registration*  
*8:30 am Fun Run/Walk Start*  
*9:00 am 5K Start*  
*Rain or Shine*

*Roosevelt Park*  
*Edison, NJ*



[www.jfkmc.org/foundation](http://www.jfkmc.org/foundation)

## SCHEDULE

**Sunday, July 25, 2010**

**Roosevelt Park, Edison, NJ**

**7:30 am - 8:30 am**

Registration, health screenings, display tables open, family activities.

**8:30 am**

Fun Run/Walk starts!

**9:00 am**

5K Race starts!

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

Baldasari and Leestma Race Mgmt.

### REGISTRATION

To register, complete the registration form and mail or fax it in. Or register 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 checks payable to the JFK Medical Center Foundation to 80 James St., Edison, NJ 08820  
 Fax: (732) 632-1542

### DIRECTIONS

**Route 287:** Follow 287 to Exit for Route 1 North. Follow directions for Route 1 North. **Route 1 South:** Make right at Grandview Ave. (After Menlo Park Mall); Bare right; Make first left into park. **Route 1 North:** Take jug handle at Lafayette Rd. Cross back over Route 1 (turns into Grandview Ave.). Bare right, make first left into park. **NJ Turnpike:** Take Exit 10 (287 North); 287 North to Route 1 North. Follow directions for Route 1 North. **Garden State Parkway - South:** Take Exit for Route 1 South. Follow directions for Route 1 South. **Garden State Parkway - North:** Take Exit for 287 North (after Raritan toll plaza). Take Exit for Route 1 North. Follow directions for Route 1 North.

## REGISTRATION FORM

### 5K RACE & FUN RUN/WALK ENTRY FORM

5K Race \_\_\_\_\_ Fun Run/Walk \_\_\_\_\_

Name \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Birthdate \_\_\_\_\_

Sex (circle one): Male Female

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

USATF-NJ# \_\_\_\_\_

### I have enclosed: (please check one)

\$18 5K (USATF-NJ members by 7/17)

\$20 5K (by 7/17)

\$25 5K (after 7/17 or on race day)

\$10 Fun Run/Walk

\$15 Fun Run/Walk with tee shirt

*There are no refunds after entry form is received.*

Tee Shirt Size: (circle one) S M L XL XXL  
 (tee shirts provided to the first 250 registered 5K race participants)

*In consideration of being permitted to participate in the 2nd Annual JFK Miles for Minds 5K and Fun Run/Walk, I hereby, for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge and indemnify the JFK Medical Center Foundation, the County of Middlesex, the Cerebral Palsy Assoc. of Middlesex County, volunteers, sponsors and others associated with this event, from any and all claims from injuries or damages of any kind arising from participating in the 2nd Annual JFK Miles for Minds 5K and Fun Run/Walk.*

*I permit the JFK Medical Center Foundation the 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 \_\_\_\_\_

## CENTER FOR HEAD INJURIES

Each year in the United States 1.4 million Americans sustain a traumatic brain injury. In New Jersey there are nearly 9,000 traumatic brain injuries from falls, motor vehicle crashes, assaults and self-inflicted injury resulting in hospitalization or death.

The Center for Head Injuries, located within the JFK Johnson Rehabilitation Institute at JFK Medical Center in Edison, provides a highly specialized continuum of care through its corps of medical and rehabilitation specialists to individuals with acquired brain injury. The Center's continuum of care encompasses acute inpatient rehabilitation on the Brain Trauma Unit, sub-acute inpatient rehabilitation at the Extended Recovery Unit, as well as an outpatient Cognitive Rehabilitation program. Using an integrated, interdisciplinary approach each level in the continuum is designed to provide a comprehensive and progressive flow of treatment to meet the needs of individual patients.

The Center's goal is to restore real-life skills to those with head injuries so that they may return to their family and community at the maximum level possible. With its unprecedented, comprehensive approach to care, the Center for Head Injuries, regarded as a pioneer in head trauma evaluation and treatment provides families with support, education and training as they navigate the uncertain road to recovery.

For more information about The Center for Head Injuries, please visit our website at [www.njrehab.org](http://www.njrehab.org)

## RACE INFORMATION

### COURSE:

USATF Certified Course and Sanctioned Race  
Course Description: Park loop on roads.  
Scenic, wooded, shaded and lakeside.

### AWARDS

5K: Top 3 Overall Male & Female &  
Top 3 Male & Female in each age group

Fun Run/Walk: Ribbons to all finishers

**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+

Tee shirts provided to the first 250  
registered 5K race participants.

### ENTRY FEES:

- \$18** 5K (USATF-NJ members by 7/17)
- \$20** 5K Early Registration (by 7/17)
- \$25** 5K (after 7/17 or on race day)
- \$10** Fun Run/Walk
- \$15** Fun Run/Walk with tee shirt

### MEDICAL/SAFETY/WATER

Course traffic controlled and marshaled.  
Emergency medical technicians on-site.  
Baby strollers, bicycles, pets, skates, or roller  
blades are prohibited in the 5K race. Water  
will be available at the start, finish and on the  
course.

## SPONSORSHIPS

**Yes!** Please reserve the sponsorship checked  
below for my company.

- Gold Medal Sponsor** **\$3,000**
- Silver Medal Sponsor** **\$2,000**
- Finish Line Sponsor** **\$1,000**
- Checkpoint Sponsor** **\$500**
- Starter Sponsor** **\$200**
- Vendor Table** **\$100**
- I cannot participate but would like to make a contribution in the amount of \$\_\_\_\_\_.**

Contact Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Method of payment: (check one)

Check  Pledge  Credit Card

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

**Mail completed form and check (payable to  
the JFK Medical Center Foundation) to:**  
**JFK Medical Center Foundation**

**80 James Street  
Edison, NJ 08820**

**Phone: (732) 632-1540 • Fax: (732) 632-1542**

**JFK Medical Center  
Foundation**

80 James Street • Edison, New Jersey 08820-3998

## DONATION SHEET

Whether or not you are participating in the 2nd Annual JFK Miles for Minds 5K and Fun Run/Walk, you can help us raise additional funds for The Center for Head Injuries by collecting donations.

Ask your family, friends and colleagues to support you by making a charitable gift to The Center for Head Injuries.

SPONSOR'S NAME	AMOUNT
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
<b>TOTAL</b>	<b>\$</b>

Complete this form and mail checks made payable to the JFK Medical Center Foundation to:

Ms. Donna M. Meade, Executive Director  
JFK Medical Center Foundation  
80 James Street  
Edison, NJ 08820

Remember to enclose matching gift forms if applicable. For additional donation collection forms, please call the JFK Medical Center Foundation at (732) 632-1540.