11th Annual Liberty Corner 4 Miler And Kids' Dashes

Benefits the Adult Day Center of the
VISITING NURSE ASSOCIATION OF SOMERSET HILLS

LIBERTY CORNER 4 MILER Eleventh Annual ROAD RACE

USA TRACK & FIELD NEW JERSEY
North Jersey
New Jersey Grand Prix Event
500 Points

SUNDAY, OCTOBER 10, 2010

Location:
Harry Dunham Park, Liberty Corner, NJ

Schedule:
8:00 am Registration
9:30 am 4 Mile Road Race
10:30 am Kids' Dashes

Entry Fees:
$18 Road Race fee by October 4th ($16 for USATF members)
$20 Road Race fee after October 4th and on race day
$5 Kids' Dashes
$5 Kids' T-shirts

Title Sponsor
NEW JERSEY ADVENTURE BOOT CAMP
www.NJBootCamp.com

Course:
Enjoy the fall foliage along our USATF certified scenic rolling course through Basking Ridge and Liberty Corner.

Awards:
1st, 2nd, 3rd male & female overall and in each age group. Finishers ribbons to all Kids' Dashes participants.

Age Groups:
14 & under to 75 & over in 5 year increments.

Amenities:
T-shirt to all 4-Miler registrants while supplies last. Kids' shirts are $5. Super post race refreshments, goodies bags, raffles.

Why we run: To support the growing needs of the elderly population in Somerset and Morris Counties. The Adult Day Center of the Visiting Nurse Association of Somerset Hills provides safe, reliable daytime programming for the frail elderly and chronically disabled older adult and respite for their caregivers. A day of active enrichment includes recreational activities, socialization, nutrition and health monitoring. This is a cost effective alternative to premature institutionalization for those loved ones who are not safe at home during the day.

A HEALING FAMILY
Visiting Nurse Association of Somerset Hills

RAISE $100 AND RUN FOR FREE

FOR INFORMATION
908-766-0180 x151 www.visitingnurse.org mmerrill@visitingnurse.org

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DIRECTIONS

From Rt 78: Exit 33 towards Bernardsville, after 1.5 miles, left at Valley Rd. (Rt 512). After .5 mile, bear left at Exxon onto Church St. Park is on left.
From Rt 287: Exit 26 toward Liberty Corner. After 1 mile, right onto Lyons Rd. next right onto Church St. Park is on left.

2010 LIBERTY CORNER 4 MILER REGISTRATION FORM

Make checks payable to Adult Day Center of the VNA of Somerset Hills
Mail to: Adult Day Center of the VNA of Somerset Hills, 200 Mt. Airy Rd., Basking Ridge, NJ 07920

☐ 4 mile ☐ Kids' Dashes

last name | first name | phone | race entered

street | city | state | zip

date of birth | age on race day | sex | 2010 USATF Number

Adult T-Shirt Size ❍ S ❍ M ❍ L ❍ XL Kids T-Shirt Size ❍ S ❍ M ❍ L (Addl' $5)
Guaranteed to all pre-registrants. Race day registrants while supplies last.

Additional donations are greatly appreciated. All proceeds go directly to the Adult Day Center of the Visiting Nurse Association of Somerset Hills.

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Bernards Township, the Adult Day Center of the VNA of Somerset Hills, all officials, sponsors and volunteers, for any and all injuries suffered by me in this event. Further, I confirm that I am physically able to compete in the Liberty Corner 4 Miler and grant the right to use my likeness in any photographs and videotapes.

signature | date | signature of parent or guardian if under 18

Enclosed payment: Check _____ Charge _____ AMT. _____ V MC AMEX DISC # _____ exp. _____
Credit cards will only be accepted for pre-registration.

RAIN OR SHINE • No baby joggers, skates, skateboards or headphones. **For More Info Call 908-766-0180 Ext. 151**