

2nd Annual Run Like Hell-th 5K

& 1 Mile Wellness Walk
Sunday - April 1, 2012
 Stephen R. Gregg - Bayonne Park
 (Hudson County Park)
Bayonne, NJ

*Presented by your Chiropractors at 734 Broadway
 for the benefit of
 Friends of Special Children - Bayonne, NJ*



FEATURING	5K ROAD RACE	Custom Event Shirts Clocks at Every Mile Courses all in the Park Kids Activities & Dashes Massage Therapists Chiropractic, Stress, & Nervous System Evaluations Nutritional Co. Displays Enjoy fruit, veggies, bagels, coffee, and hot chocolate
	1M WALK	
	KIDS' DASHES	

Register Online at
PracticeHard.com



Sports A/R
 253 W. Westfield Ave.
 Roselle Park, NJ 07204

2012 Run Like Hell-th

Make Check Payable & Mail To: Friends of Special Children
 253 W. Westfield Ave., Roselle Park, NJ 07204

FIRST NAME	▶				
LAST NAME	▶				
BIRTH DATE	▶	A	E		
		G		S	X
<input type="checkbox"/> 5K Run	<input type="checkbox"/> VIP w.	<input type="checkbox"/> 5K	Shift Size - Choose One		
<input type="checkbox"/> 1M Walk	<input type="checkbox"/> Kids Dash	<input type="checkbox"/> 1M	YM	YL	M
			L	XL	

STREET	▶				
CITY	▶				
STATE	▶	ZIP	▶		
PHONE	▶				
E-MAIL	▶				
2012 USATF#	▶				

In consideration of this entry being accepted I hereby for myself, heirs, executors, and administrators waive and release any claims I may have against Sports A.R., LLC, Family Chiropractic Center of Bayonne, City of Bayonne, and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in the Run Like Hell-th events for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I agree to abide by and cooperate with the instructions/decisions of the race officials and understand that safety is the top priority of this event. I understand that my entry fee is non-refundable. I understand that dogs, other pets, in-line skates, skateboards, bicycles, and similar devices are not allowed on the course. Baby joggers will only be allowed on the 1M Walk course and not the 5K course for safety reasons.

 SIGNATURE

 DATE

 SIGNATURE OF PARENT IF UNDER 18

Run Like Hell-th 5K & 1 Mile Wellness Walk

Saturday, 3/31/12

10:00am “Champion’s Playbook: Get to the Top and Stay There!”
presented by Dr. Jeff Spencer

Sunday, 4/1/12

8:00am Registration Opens
9:00am 1 Mile Wellness Walk
9:30am 5K Road Race
10:15am Kids’ Dashes (11 & younger)
10:30am Awards Ceremony

*5K & 1 Mile courses are entirely in park and on city pathways - NO TRAFFIC!

*5K is USATF-NJ certified and a 500 point Grand Prix event.

*Kids’ Dashes are held in the park.

 Register Online at

PracticeHard.com

Pre-entry with Shirt:

5K or 1M - \$20; 5K/USATF-NJ - \$18

Kids’ Dashes - \$10

Event Day (shirts while they last):

5K or 1M - \$25, Kids’ Dashes - \$10

VIP Package - \$50 by 3/29

(includes lecture, 5K or 1M, shirt)

*Online registration closes on 3/30;
mail deadline is 3/29.

New V.I.P. Package

Includes many perks:

- *Attendance to Saturday’s lecture, presented by Dr. Jeff Spencer, “Champion’s Playbook: Get to the Top and Stay There!”
- *5K or 1M registration for Sunday
- *Race packet pick-up at lecture

Awards

5K RUN: TOP 3 OVERALL (Male & Female)
TOP 3 IN 5-YR AGE GROUPS (M/F)
(14 & under, 15-19, 20-24, 25-29, 30-34, through 80+)
Ribbons to all Kids’ Dashers

Contact

Sports A/R Hotline: 908-245-3000
Sponsorship opportunities: 201-858-0444



presented by
your Chiropractors at 734 Broadway
(201-858-0444)

Directions

Location: Stephen R. Gregg - Bayonne Park,
Avenue A, 37th Street north to 48th Street,
Bayonne, Hudson County

Take the NJ Turnpike to exit 14A. Proceed straight out of the toll plaza down Avenue E. Make a right at 48th Street, and go 4 blocks to the north entrance of the park. Follow signs.

Dr. Jeff Spencer

Dr. Jeff Spencer, Olympian, ICA “Sports Chiropractor of the Year”, and author is one of America’s top champion builders and has been directly involved in 40+ Olympic, World, National and Tour de France championships. He has worked with NASCAR champion Bobby LaBonte, World Series MVP Troy Glaus, rock legend U2, and most known for helping Lance Armstrong win all 7 of his Tour de France victories. Spencer has also worked with PGA, WTA, and Supercross champions, ultra-successful entrepreneurs and business standouts, NFL, MLB athletes, as well as Motocross and Formula 1 drivers. Spencer received his master’s in physical education and his undergraduate degree from University of Southern California and his doctor of chiropractic degree summa cum laude from Cleveland Chiropractic College in Los Angeles. He has taught post-graduate sports rehabilitation and performance internationally and frequently lectures on peak performance, health, fitness, and wellness. Dr. Spencer is the author of the acclaimed book, Turn It Up! How To Perform At Your Highest Level For A Lifetime and audio program “The Top 10 Tactics From The Champions Playbook”. www.jeffspencer.com



LIVESTRONG fights for the 28 million people around the world living with cancer today. There can be – and should be – life after cancer for more people. That’s why LIVESTRONG kicks in at the moment of diagnosis, giving people the resources and support they need to fight cancer head-on. LIVESTRONG finds innovative ways to raise awareness, fund research and end the stigma about cancer that many survivors face. LIVESTRONG connects people and communities to drive social change and calls for state, national and world leaders to help fight this disease. Anyone can join the fight against cancer at LIVESTRONG.org.