

RACE INFORMATION

- 5:00pm..... Registration
- 6:15pm..... Kids' Dashes (12 & under)
- 6:30pm..... 3K Poker Walk
- 7:00pm..... 5K Run
- 7:45pm..... Awards Ceremony

Register by mail or at www.PracticeHard.com
(no online processing fee)

AWARDS (MALE & FEMALE)

5K Run

- 1st, 2nd, 3rd Overall
- Healthiest Town
- School Spirit
- Fastest High School Male & Female
- Age Groups 14 & under/15 to 74 /75 & over
(5-year age groups)

3K Poker Walk

- Winning Poker Hand wins Grand Prize
- Ribbons to all finishers

Kids' Dashes

- Ribbons to all finishers

3K POKER WALK

Our annual 3K walk with a twist!
Collect playing cards from our dealers along the route. The walker with the winning Poker Hand wins the Grand Prize!



RAIN OR SHINE

DIRECTIONS TO THE LEGAL RUNAROUND 5K

Where: Somerset County Court House
20 North Bridge Street, Somerville, NJ 08876

From I-287 Southbound: Take Exit 17 to Routes 202 & 206 South. Take Routes 202 & 206 South to Route 22 East. Go East on 22 to the North Bridge Street/Somerville Exit. On North Bridge Street, go 10 blocks, through the 2nd traffic light. The Courthouse is on the left.

From I-287 Northbound: Take Exit for Route 22 West (Exit from the left lane). Proceed as from Route 22 West.

From Route 22 West: Take the Exit for Somerville. Follow it around and you will be on the overpass crossing the highway. Bear to the right. At the stop sign, make a left onto North Bridge Street. Courthouse is on the left, approximately 10 blocks.

From Route 22 East: Use Exit for North Bridge Street. Courthouse is on left, approximately 8 blocks from the highway.

WOULD YOU LIKE TO CONTRIBUTE?

If you wish to be a corporate sponsor or to make a personal donation for the Legal Runaround 5K, please contact Carol Ann Winder at (908) 685-2323.



Checks payable to: Somerset County Bar Foundation/5K
Mail to: 546 East Curtis Street, Linden, NJ 07036
Registration online: www.practicehard.com
(no online processing fee)

ENTRY FEES (PLEASE CHECK)

- Race Day - All Entry Levels (Exc. Kids)..... \$25
- 5K..... \$20
- 3K Poker Walk..... \$20
- 2010 USATF-NJ Members..... \$18
- Students (under 18)..... \$15
- Kids' Dashes..... \$5

Total Payment Enclosed \$ _____
Total Donation Enclosed \$ _____

first name _____ last name _____

date of birth _____ age on race day _____ sex _____

street _____

city _____ state _____ zip _____

email _____ phone _____

T-shirt Youth Large Medium Large XL

2010 USATF# _____

school affiliation (student/parent/faculty/staff/friend) _____

For information or to Volunteer:
908.245.3000 - www.practicehard.com

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, SCBF and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in the Legal Runaround 5K for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I understand that my entry fee is non-refundable.

signature _____ date _____

signature of parent if under 18 _____

SOMERSET COUNTY BAR FOUNDATION

The Somerset County Bar Foundation was founded to promote a positive relationship between Somerset County residents and their justice system, and to provide related assistance to the community.

Since its inception, it has raised funds for legal scholarships for county residents as well as for local non-profit organizations such as:

- Middle Earth which provides at-risk youth with guidance and support;
- CASA which advocates in Court for abused children;
- DARE which provides Drug awareness and resistance education;
- Somerset Treatment Services which assists those suffering from substance abuse and related illnesses;
- Legal Services of Northwest New Jersey which provides legal assistance to those without financial means;
- NJ Orators, Inc. which helps youth learn the art of effective communication.

For more information or to find a way to get involved, please contact Carol Ann Winder at (908) 685-2323 or cawinder@somersetbar.com. And keep your eyes open for this year's Meet the Chefs, coming June 15th!



WORKING FOR OUR COMMUNITY



Somerset County Bar Foundation
Post Office Box 1095
Somerville, NJ 08876



Fifth Annual

5K Run... 3K Poker Walk... Kids' Dashes

Thursday, May 27, 2010

7:00pm 5K Start

Somerset County Courthouse
Somerville, NJ

FEATURING

- Tee Shirt
- Food by Verve Restaurant
- DJ Music
- Random Prizes
- USATF Certified 5K Course
- 500 Point Grand Prix Event