

**Please arrive early to
obtain best parking spots.**



123 Naylor Avenue
Livingston, NJ 07039



Tomorrows

**12th Annual
5K RUN/2 MILE WALK
Saturday, April 17, 2010
Brookdale Park
Bloomfield, New Jersey**



U.S. Postage
PAID
Permit #336
Presorted
Non-profit
West Caldwell
07006

Race Information



**"Building Tomorrows" 5K Run/2 Mile Walk
Saturday, April 17, 2010**

Registration: 8:15 a.m. – 9:45 a.m.

Start time: 10:00 a.m.

Awards: 11:15 a.m.

Fees: \$22 by 4/11/10
\$20 (2010 USATF) by 4/11/10
\$25 after 4/11/10

Course Description:

Double loop, park course, primarily shaded.
USATF certified. Water stop. Split times.

Online Registration:

www.PracticeHard.com
www.RaceForum.com
www.Active.com

ChronoTrack D-Tag scoring by:

www.compuser.com

Awards

Top three overall, male and female.
Top three, male and female in each age group.

Age Groups

14 & Under to 75 & Over in 5 year increments.

Free Amenities

T-shirt, prizes, DJ, ice cream provided by
Applegate Farm and other refreshments
provided by **District 8 NJ Free & Accepted
Masons.**

Directions

From GSP Northbound: Exit 151. Make left
off of exit ramp onto Watchung Avenue. Right
onto Broad Street. Left onto Broad Street
continuation. Bear left onto Bellevue Avenue.
Left into Brookdale Park.

From GSP Southbound: Exit 151. Make right
off of exit ramp toward Bloomfield/Montclair
onto Watchung Avenue. Follow directions from
Broad Street above.

**For more information call Kristy Hartman
(973) 535-1181 ext 1224,
khartman@arcsex.org**

12th Annual "Building Tomorrows" 5K Run

Saturday, April 17, 2010

SPONSORS

(as of February 1, 2010)

MEDIA SPONSOR

WPIX - A Tribune Broadcasting Station

COMMUNITY EVENT SPONSOR

District 8 New Jersey Free &
Accepted Masons

MAJOR SPONSOR \$5000

Michael P. Bergeron Foundation, Inc.

GOLD SPONSOR \$2000

PSE&G

Sax Macy Fromm & Co., PC
Wakefern-ShopRite

SILVER \$1000

Berman, Sauter, Record & Jardim, PC
Bloomingdale's

Clifton and Heller Printing
Haven Savings Bank

Hughes Environmental

Kaplow & Company Insurance

Mack-Cali Realty Group

Olshan Grundman Frome Rosenweig & Wolosky LLP

Project Bright Future

Selective Insurance Company

BRONZE \$500

Aetna

Applebee's

Coldwell Banker Feist & Feist Realty Corp.

Fox Rothschild LLP

GPH Boiler & Mechanical Services, Inc.

Investors Savings Bank

One Naylor Place

Western Pest Services



**Chris Brozon and Theresa Roberts
Honorary Chairs**

**The ARC of Essex County Building Tomorrows
12th Annual 5K Run/2 Mile Walk is dedicated
once again to Gino Calvi and Timothy Finnerty,
who were victims of the 9/11 tragedy. Through
their fundraising efforts and assistance on race
day, Gino and Tim were instrumental in making
the race a huge success. We celebrate their lives.**

The ARC of Essex County

The Association for Retarded Citizens of Essex County, Inc. (ARC) is a private, non-profit agency serving people with developmental disabilities who live in and around Essex County, NJ. In 1947, a small, dedicated group of parents established the foundation for what would become The ARC of Essex County.

Today, a multi-million dollar budget is needed to support nearly 500 dedicated ARC staff members who work with over 1300 people with developmental disabilities. By combining compassion and competence in 47 distinct programs, our staff helps individuals from birth through senior years live fuller, more satisfying lives. We believe we are in the business of building tomorrows for the individuals we serve.

It is through our mission that we pledge to make a better tomorrow a reality today.

The ARC Mission

The ARC of Essex County will leave no avenue unexplored in the effort to enable those who have developmental disabilities to realize individual goals, and to learn, work, play and coexist with dignity and full partnership in the community.

We believe that the fabric of our society is enriched by all of us in different ways. Those of us with developmental disabilities are simply different, not lesser, threads in that fabric.

Because we believe this, The ARC provides direct service to those with developmental disabilities and their families and acts as an advocate by advancing their interests.

We are further committed to reducing the incidence of mental retardation through education, public information, and, in fact, all possible means.

Raise more money with less effort and win prizes!

Use the innovative online fundraising pages from FirstGiving.com to raise money for the ARC of Essex County. Through these pages, we are able to combine the passion of supporters like you with the power and ease of the internet.

You can make your own fundraising page on Firstgiving to ask for and collect donations by going to www.firstgiving.com/arc-essex and clicking the "Get Started" button. It takes less than five minutes to create a simple online fundraising page that you can personalize with a message and pictures. You can then email your page to friends, family and colleagues, who can donate by credit or debit card in an easy, secure online transaction and then receive an email record of their donation. You can even create a page for your team.

It's simple, fast and totally secure – you can raise more money with less effort!

"Building Tomorrows" 5K Run/2 Mile Walk Saturday, April 17, 2010

Be a Winner!

- Run for 500 USA Track and Field points. Walk for fun.
- First 600 participants receive a free Race T-shirt.
- Win prizes.
- Meet **Vanessa Tyler of WPIX Channel 11 News.**
- Shake hands with **Spiderman!**
- Help The ARC of Essex County help more people.

Teams Have More Fun!

Form a team and win a special prize. Ask friends, neighbors, classmates, co-workers and family to join you.

- Match your dollars with your company's matching gift program.
- Bring your family. There will be snacks and a disc jockey.
- Strollers and pets on a leash are welcome.



Registration Form

Please complete this application and mail to:
The ARC of Essex County
123 Naylor Avenue, Livingston, NJ 07039

ENTRY FEES

Pre-Registration (By 4/11/10) \$22.
Pre-Registration (USATF Members by 4/11/10) \$20.
After 4/11/10 and on race day \$25.

Make checks payable to The ARC of Essex County.
(For walkers and runners raising \$50 or more and received by the ARC prior to race day, the race fee will be waived)

PLEASE PRINT CLEARLY

Last Name First Name

Address

City State Zip

Day Phone DOB Age on Race Day

E-mail

2010 USATF #

Circle One: Male or Female
Event: 5K Run or 2 Mile Walk
T-shirt size: S M L XL

Sorry, I am unable to participate, however, I am pleased to enclose a contribution of _____.

Disclaimer:
In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, County of Essex, The ARC of Essex County, On Your Mark Productions, staff, volunteers, and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form, and fully understand the terms and conditions contained herein. I further understand that entry fees are not refundable. I agree not to hold The ARC of Essex County responsible for any publicity uses concerning this event and I grant the right to use any likeness in any photographic record of this event.

Signature _____ Date _____
PARENT OR GUARDIAN (if under the age of 18)

For office use only:
 Cash \$ _____ Check \$ _____ # _____ FW

Pledge List

Collect donations from your sponsors and mail them along with this form or bring to the event. Donations are tax deductible as allowable by law. The cancelled check is the donor's receipt. **Matching gifts welcomed! Please check with your place of employment.**

Make checks payable to The ARC of Essex County.
Mail to: The ARC of Essex County
123 Naylor Avenue, Livingston, NJ 07039

DUPLICATE PAGE IF NECESSARY.
Please print clearly and complete in full

Name _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

E-mail _____

Team Name _____

Team Leader _____

Address _____

Pledge's Name _____

Donation \$ _____ cash check

Pledge's Name _____

Donation \$ _____ cash check

Pledge's Name _____

Donation \$ _____ cash check

Pledge's Name _____

Donation \$ _____ cash check

Pledge's Name _____

Donation \$ _____ cash check

For office use only: Cash \$ _____ # of check(s) _____