

Building Tomorrows  
5K Run/2 Mile Walk

123 Naylor Avenue  
Livingston, NJ 07039



**14th Annual**  
**5K RUN/2 MILE WALK**  
**Saturday, April 14, 2012**  
**Brookdale Park**  
**Bloomfield, New Jersey**



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

**Race Information** *Rain or shine!*  
"Building Tomorrows" 5K Run/2 Mile Walk  
**Saturday, April 14, 2012**  
**Brookdale Park, Bloomfield, NJ**

**Registration:** 8:15 a.m. – 9:45 a.m.  
*Please arrive early to obtain the best parking spots.*

**Start time:** 10:00 a.m.

**Awards:** 11:15 a.m.

**Fees:** \$22 by 4/8/12  
\$20 (2012 USATF) by 4/8/12  
\$25 after 4/8/12

**Course Description**

Double loop, park course, primarily shaded.  
USATF certified. Water stop. Mile clock.

**Online Registration**

[www.RaceForum.com](http://www.RaceForum.com)

**ChronoTrack D-Tag scoring by**

[www.CompuScore.com](http://www.CompuScore.com)

**Awards**

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

**Age Groups**

14 & under to 85 & over in 5 year increments.

**Event Features**

T-shirt while supplies last; Food and Beverages provided by the **District #8 NJ Free & Accepted Masons** and **La Yogurt**; Entertainment provided by **Nightmoves Disc Jockeys**.

**Directions**

**From GSP Northbound:** Exit 151. Right onto Watchung Ave. Make first legal u-turn to cross back over GSP on Watchung Ave. 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 contact**  
**Kristy Hartman (973) 535-1181 ext 1224**  
**[KHartman@arcessex.org](mailto:KHartman@arcessex.org)**

**Sponsors**

(as of January 23, 2012)

**COMMUNITY EVENT SPONSOR**

District 8 New Jersey Free  
& Accepted Masons

**MAJOR SPONSOR \$5000**

Michael P. Bergeron Foundation

**GOLD SPONSOR \$2000**

PSE&G

Sax Macy Fromm

Selective Insurance Company

Wakefern ShopRite

**SILVER SPONSOR \$1000**

Berman Sauter Record & Jardim

Haven Savings Bank

Hughes Environmental Engineering

Investors Bank

KRA Insurance Agency, Inc.

Mack-Cali Realty Corporation

Olshan Grundman Frome Rosenzweig &

Wolosky LLP

PNC Bank

**BRONZE SPONSOR \$500**

Aetna

Brach Eichler, LLC

Care Station Medical Group

Coldwell Banker Feist & Feist

Everlast Floors

Fox Rothschild, LLP

GPH, Inc.

One Naylor Place



Scan this QR code with your smartphone for more information and to register online.

## The Arc of Essex County

The Arc of Essex County, Inc. 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. Our staff and volunteers help individuals from birth to senior years live fuller, more independent lives. 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 developmental disabilities through education, public information, and, in fact, all possible means.

## Help The Arc by collecting pledges online.

Register at [www.firstgiving.com/arc-essex/2012](http://www.firstgiving.com/arc-essex/2012) and **create your very own fundraising webpage!** You can add text (and even pictures) to tell everyone why you are participating and ask them to sponsor your efforts. Then simply email the link to your family, friends and coworkers so they can make pledges and donations online by credit card.

Setup is simple, quick and secure. Just go to [www.firstgiving.com/arc-essex/2012](http://www.firstgiving.com/arc-essex/2012) to create your personalized page!

## Become a virtual runner or walker.

**Not a runner? Not a morning person?**

**Out of town?**

**You can still make a difference!!**

**Become a virtual runner or walker for the *Building Tomorrows 5K Run!***

If you cannot attend the event on April 14th, this is a great way to support and participate in the *Building Tomorrows 5K Run/2 Mile Walk*.

**How to be a virtual Runner or Walker:**

- Email your family, friends and coworkers to let them know that you are unable to be at the event, but you will commit to run/walk on another date.
- Give them your FirstGiving fundraising page so they can donate online.
- You can also collect checks and mail them to The Arc of Essex County.

## Registration

### Online Registration

[www.RaceForum.com](http://www.RaceForum.com)

### Registration By Mail

One application per entrant. Do not mail after April 5, 2012. Late applications will be sent to the post-registration desk on the day of the race. Fee for all after April 8 and on the day of the race is \$25.

### Complete this application and mail to:

The Arc of Essex County  
123 Naylor Avenue, Livingston, NJ 07039

**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 \_\_\_\_\_

2012 USATF # \_\_\_\_\_

Circle One: Male Female

Circle One: 5K Run 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. NO REFUNDS, TRANSFERS OR DEFERRALS.

Signature \_\_\_\_\_ Date \_\_\_\_\_

PARENT OR GUARDIAN (if under the age of 18)

For office use only:

Cash \$ \_\_\_\_\_  Check \$ \_\_\_\_\_ # \_\_\_\_\_  FW

## Pledge List

Collect donations from your friends, family and coworkers 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 appreciated! Check your place of employment.

**Please print clearly and complete in full.**

Pledge's Name \_\_\_\_\_

Donation \$ \_\_\_\_\_ cash or check (circle)

Pledge's Name \_\_\_\_\_

Donation \$ \_\_\_\_\_ cash or check (circle)

Pledge's Name \_\_\_\_\_

Donation \$ \_\_\_\_\_ cash or check (circle)

Pledge's Name \_\_\_\_\_

Donation \$ \_\_\_\_\_ cash or check (circle)



## Show your support

- **Prizes, such as restaurant gift certificates and overnight hotel stays, will be awarded to our top 5 fundraisers.**
- Create a team. Ask friends, family, coworkers and classmates to join you for the run.
- Strollers and pets on a leash are welcome.
- Bring your entire family.
- Food and Beverages will be provided.
- Entertainment for EVERYONE!