



USATF- NJ GRAND PRIX EVENT
Hamilton World Laughter Day Run & Walk

5K Run/Walk & 1 Smile Fun Walk
 Veterans Park, Hamilton Township, NJ
 Sunday May 1, 2011



**Proceeds to Benefit Mercer County Project Life Saver
 (Providing Transmitters for those with ALZHEIMER'S & AUTISM) &
 Heart to Hearts, Inc. (Promoting Women's Health)**

Registration: 8am until 9:15 am at the games Pavilion (Kuser Rd. Entrance)

Course: paved roads & trails in Hamilton Veterans Park, Kuser Road **Start times: 1 Smile – 9:30 am 5K – 10:00 am**

Coordinators: Baldasari & Leestma Race Management

- ♥ For information call (609) 585-3972
- ♥ Fee \$20. if postmarked by 4/29/2011
- ♥ USATF discount \$2
- ♥ Day of race entry fee \$25
- ♥ Day of race Fun Walk Entry \$20 single
- ♥ Checks payable: Heart to Hearts, Inc.
 Mail to: Heart to Hearts, Inc.
 C/O Marie Bethke 23 Englewood Blvd
 Hamilton, NJ 08610
 or

Register Online With
www.practicehard.com



Directions to Veterans Park

From North Jersey: NJ Turnpike to exit 7A. Rt. 195 West to exit 3B Hamilton Square. Left at first traffic light on Kuser Rd. Park entrance is one mile on right.
From Rt. 1: Rt. 1 South to Rt. 295 south, to Rt. 195 East. Take exit 3B as above.
From PA: Rt. 95 North to Rt. 295 South, to Rt. 195 East. Take exit 3B as above.
From South Jersey: Rt. 295 North, to Rt. 195 East. Take exit 3B as above

Refreshments

- ♥ Computerized results
- ♥ Traffic free USATF certified course
- ♥ Awards to all finishers in 1 mile
- ♥ Awards to top male & female & top 3 in each age group
- ♥ **T-shirts to all pre- entries (post-entries while supplies last)**

Age Groups: Male & Female

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|------------|---------|
| 13 & under | 40-49 |
| 14-18 | 50-59 |
| 19-29 | 60-69 |
| 30-39 | 70 Plus |

World Laughter Day 5k run/walk and 1smile fun walk entry form – Please read carefully and sign.
 In consideration of accepting this entry to the World Laughter Day 5k run/walk and 1smile fun walk, I waive all claims for myself, my heirs, and assigns against Heart to Hearts, Inc., Lawrenceville Twp., and all sponsors, and promoters for injury or illness which may result from my participation. I further state that I am in proper physical condition to compete in this race.

Please Print:

Signature _____ (Parent or guardian if under 18) USATF# _____

Last Name _____ First Name _____

Address _____ City _____

State _____ Zip _____ Phone # _____ Sex M ___ F ___

Age on race day: _____ Birth Date: _____ Amount Enclosed: _____

Check race: 5k run/walk _____ 1 Smile fun run _____ 1 T-shirt per entry: Circle one S M L XL 2X