

Sat. March 24, 2007 - Hightstown, NJ

**Schedule:**

7:30 am ...Registration (@ Hightstown HS)  
9:00 am...Start - 1 Mile Fun Run/Health Walk  
9:30 am...Start - 5K Run  
*Awards & Door Prizes following 5K Run*

**Start and Finish:**

Hightstown High School, Leshin Lane

**Entry Fees:**

\$5 - Fun Run only  
\$13 (USATF member; postmarked by 3/10/07)  
\$15 (postmarked by 3/10/07)  
\$20 (after 3/10/07 or on race day)

*Long sleeved T-shirts provided to first 250 registered runners/walkers*

**5K Run Age Groups (Male & Female):**

14 and under, 15-19, 20-24, 25-29, 30-34  
35-39, 40-44, 45-49, 50-54, 55-59, 60+

**Free Community Health Fair!**

Come out and take advantage of the free health screenings, presentations, and vendors available at our annual health fair!



**MAIL ENTRY FORMS TO:**

Community Action Service Center, Inc.  
Attn: Mark Sheerin  
PO Box 88  
Hightstown, NJ 08520



**Checks are payable to:**

**CASC**

**For more information, contact:**  
Mark Sheerin at (732) 742-6868 (c)

**CASC Run/Walk Entry Form**

Name \_\_\_\_\_  
Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Sex (*circle one*): Male Female  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
USATF # \_\_\_\_\_

**Check event below:**

5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_ Fun Run \_\_\_\_\_  
*(12 & under)*

5 K Shirt Size (*circle one*): M L XL  
Fun Run Shirt: YM \_\_\_\_\_ YL \_\_\_\_\_ AM \_\_\_\_\_

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors for the CASC 5K and Health Walk for injury or illness which may directly or indirectly result from participation. I further state that I am in proper condition to participate in this event. I also give my permission for the free use of my name and/or picture in accounts of this event.

Signature \_\_\_\_\_  
*(Parent's signature if under 18)*

Date \_\_\_\_\_

**LOTS OF AWARDS AND PRIZES!!**

- ❖ **5K Run:**
  - \$250 - male course record below 15:28
  - \$250 - female course record below 17:00
  - \$100 top male and female overall
  - Awards 3 deep in each age category
  - Awards to overall masters male & female
- ❖ **5K Walk:** Awards to the top 5 male and female walkers.
- ❖ **Fun Run:** Open to boys and girls, 12 and under. Medallions to all finishers and T-shirts to first 50 entrants.
- ❖ **Door prizes** will include gifts from local sponsors; 50/50 lottery also offered.

## About CASC

Community Action Service Center, Inc. (CASC) is the primary non-profit organization in eastern Mercer County, NJ, facilitating family development and access to affordable health care, information, and support families need to build and maintain self-sufficiency.



CASC offers a wide range of family supportive programs, as well as referrals and outreach services that help strengthen families in our community. From our summer enrichment day camp to our annual community health fair to the new Greater Goods thrift store, CASC seeks to improve the quality of living for all families in our area.

For more information about CASC, please visit our website at [www.CASCmercerc.org](http://www.CASCmercerc.org).

## Sponsorships and Donations

Planning to compete in one of the events? Just coming along to cheer, or want to support this project? Sponsorships and donations (both business and individual) are greatly needed!

Donations can be made payable to CASC and mailed to:

Community Action Service Center, Inc.  
Attn: Mark Sheerin  
PO Box 88  
Hightstown, NJ 08520

## The Course

A flat, fast, USATF certified course through the beautiful tree-lined streets of Hightstown, New Jersey. The race starts and finishes at Hightstown High School.

## Directions to Race

**HIGHTSTOWN HIGH SCHOOL**  
**Leshin Lane**  
**Hightstown, NJ 08520**

### **From the NJ Turnpike:**

Take Turnpike to Exit 8. Exit onto Route 33 West towards Hightstown and proceed to "T" intersection; make left onto Main St. Bear right at the fork onto Mercer St. Take first left onto West Ward St. Make right onto South Main St. (Look for Race Signs!) Proceed to right on Leshin Lane. Turn right onto Leshin Lane and go 0.3 mile up to school and fields.

### **From Route 1:**

Take Route 571 East through West Windsor into the center of Hightstown. Make a right onto Main St. Bear right at the fork onto Mercer St. Take first left onto West Ward St. Make right onto South Main Street. (Look for Race Signs!) Proceed to right on Leshin Lane. Turn right onto Leshin Lane and go 0.3 mile up to school and fields.

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[www.CASCmercerc.org](http://www.CASCmercerc.org).

# CASC 5k Run/Walk

## and Health Fair



## Saturday, March 24, 2007

*Benefiting the  
Community Action  
Service Center, Inc.  
of Mercer County!*

