



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 2, 2010



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 4/30/10
- ♥ USATF discount \$2
- ♥ Day of race entry fee \$25
- ♥ Day of race Fun Walk Entry \$20 single
- ♥ Or family (2 adults, 2 children)
- ♥ 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

Age Groups: Male & Female	
13 & under	40-49
14-18	50-59
19-29	60-69
30-39	70 Plus

- ♥ 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)

World Laughter Day 5k run/walk and 1smile fun walk entry form – Please read carefully and sign.
 In consideration of your 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, 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

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