

Registration Form and Instructions for the



Kenilworth Freedom Run and Walk

(5K Run/2K Walk)

Sunday, Sept. 27, 2009

(10 a.m.)

(rain or shine)

(Registration/packet pickup: 8:30 a.m.)

Presented by the
Kenilworth Historical Society
in conjunction with the national
"America Supports You" program,
in support of the U.S. Armed Forces



**AMERICA
SUPPORTS
YOU**
OUR MILITARY MEN & WOMEN
AmericaSupportsYou.mil



This USA Track & Field
(USATF)-sanctioned event
starts from and finishes at
Kenilworth's
N. 21st/N. 22nd Street
Municipal Parking Lot
(behind Kenilworth Seniors'
Center)

Advance registration for the Sept. 27, 2009, Kenilworth Freedom Run and Walk is recommended to ensure T-shirt availability.

Advance registration can be done in person at the Kenilworth Borough Clerk's Office (Kenilworth Municipal Building) 567 Boulevard (Monday-Friday, 9 a.m.-5 p.m.) or by mail (see below).

Registration forms may also be obtained at Especially Yours Florist (13 No. 20th Str., Kenilworth); Kenilworth Public Library (548 Boulevard) Kenilworth Historical Society Web site (www.geocities.com/kenilworth567/index.html); CompuScore Web site (<http://www.compuscore.com/>); or by calling 908-709-0434.

Mail-in registration: Please make check payable to the Kenilworth Historical Society and send, with a completed, signed registration form, to: Kenilworth Historical Society/567 Boulevard/Kenilworth, NJ 07033.

Registration/packet pickup on day of the event begins at 8:30 a.m.

Directions:

From Garden State Parkway, North or South: Take Garden State Parkway North/South to Exit 138 (marked Kenilworth-Elizabeth southbound and Kenilworth-Roselle Park northbound). Turn left at the end of the exit ramp onto Galloping Hill Road, which becomes the Boulevard. Proceed straight on Boulevard. Turn right onto Michigan Ave. at traffic light. Turn left onto Monroe Ave. and **proceed to David Brearley Middle/High School on the left (parking available in the school lot).** To walk to the Freedom Run/Walk starting point from there: Exit school parking lot (rear gate), go left and proceed on Washington Ave. to N. 21st Street. Turn right onto N. 21st Street and proceed to N. 21st/N. 22nd Street Municipal Parking Lot on left (behind Kenilworth Seniors' Center), the starting and finishing point of the event.

From I-78 East/West: Take I-78 East/West to Exit 52 (Garden State Parkway South). Follow directions from Garden State Parkway North/South.

From NJ Turnpike (I-95) North/South: Take NJ Turnpike (I-95) North/South to Exit 14 (marked Newark Airport). After the toll booth at Exit 14, take I-78 West. Take I-78 West to Exit 52 (Garden State Parkway South). Follow directions from Garden State Parkway North/South.

Parking available at David Brearley Middle/High School, 401 Monroe Ave. (see directions above).

The Sept. 27, 2009, Kenilworth Freedom Run and Walk is being hosted by the Kenilworth Historical Society in conjunction with the national "America Supports You" program, which recognizes residents' support for U.S. military men and women and communicates such support to members of the Armed Forces at home and abroad.

Optional monetary donations to purchase various items needed by U.S. troops may be made, in care of the Kenilworth Historical Society, at the time of registration.

Starting/Finishing Location on Sept. 27:

North 21st/N. 22nd Street Parking Lot (behind Kenilworth Seniors' Center), Kenilworth, N.J.

On Sept. 27: Registration/Package Pickup - 8:30 a.m.

5K Run and 2K Walk Start - 10 a.m.

5K Run Awards Presentation following event

USA Track & Field (USATF)-Certified Course:

Rolling, flat and hills, through tree-lined streets of historic, residential Kenilworth. Two water stops.

Age Groups: 10 years: 14 and under to 70 and over

Awards (5K Run):

Top Overall Male and Female Finisher

Top Three Male and Female (each age group)

5K Run Scoring: CompuScore Computer Services

Results (same day): www.compucore.com

Amenities: T-shirts, refreshments

Proceeds, after event expenses are paid, will benefit the Kenilworth Historical Society's project to restore the 19th-century Oswald J. Nitschke House and transform it into a "living history" museum and cultural arts center.

For further information, please call: 908-709-0434

Thank you for your interest and support!

The Kenilworth Historical Society is an independent, non-profit, tax-exempt, 501 (c)(3) organization dedicated to the research, preservation and interpretation of the historic Oswald J. Nitschke House, local history and culture. For general information, please call 908-276-9090 or visit our Web site (<http://www.geocities.com/kenilworth567/index.html>).



Kenilworth Freedom Run (5K) and Walk (2K)

Sept. 27, 2009 (10 a.m.) (rain or shine)

Official Registration Form (one form per participant)

Please make checks payable to the Kenilworth Historical Society, Inc., and mail, together with this completed, signed registration form, to: Kenilworth Historical Society/567 Boulevard/ Kenilworth, NJ 07033

Name: _____

Street Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone: _____ **e-mail address:** _____

Male: ____ **Female:** ____ **Age (on 9/27/09):** ____ **Birth date:** _____

T-Shirt Size: Small: ____ Med.: ____ Large.: ____ XL.: ____ 2X: ____ 3X: ____

5K Freedom Run Registration Fees:

__ \$18 (fee for USATF members, if paid by Sept. 18) Membership #: _____

__ \$20 (fee for general public, if paid by Sept. 18)

__ \$23 (fee for USATF members and general public, if paid after Sept. 18)

2K Freedom Walk Registration Fee:

__ \$ 8 (advance registration fee, if paid by Sept. 18)

__ \$10 (registration fee if paid after Sept. 18)

Registration fee enclosed: \$ _____

Optional donation for gift (provisions) being sent to U.S. troops enclosed: \$__

Waiver/Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims I may have against the Borough of Kenilworth, Kenilworth Historical Society, Kenilworth Senior Citizens Club/Center, County of Union, USATF, CompuScore, their staff, officers, volunteers, successors and assigns for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in the Sept. 27, 2009, 5K Run or 2K Walk for which I have registered.

Signature _____ **Date** _____

(Parent/guardian signature if participant is under 18 years of age)