

8th Annual



September 18, 2010

Presented by NJ
STATE FMBA

Post Race Barbecue

T-shirts & Prizes

Super Fast Course

Continuous Music

Random
CASH
Series

Info:
732 499-9250 (d)
908 472-6075 (e)
www.NJFMBA.org

ARRIVE EARLY!

8th Annual
Fallen Heroes
5K MEMORIAL RUN
September 18, 2010
LAKE COMO

**Schedule**

7:45 am Registration begins
9:30 am Fallen Heroes 5K
10:30 am The Party Begins
Kids Dash for Heroes
Awards Program & Ceremony

RegistrationBy mail or online at www.practicehard.com**Entry Fees:**

5K	By September 4, 2010	\$25
	USATF-NJ	\$23
After September 4 and on race day,		\$30
Kids Dash, Ages 2-11, 30 to 150 yards,		\$12

Course

Fast, ocean side, scenic course.
Mile splits.

Resultswww.eliteracingsystems.com**Awards**

1,2,3 Overall, EMS, Military, Firefighters,
Police Officers, Lifeguards and
Age Groups.

Age Groups

14 & under to 75 & over (5 years)

Amenities

Fallen Heroes Tee, Post Race Barbecue,
Continuous Music, Prizes, Kids Fair.

NEW!

"UNITED WE RUN"

RANDOM CASH SERIES

The Jimmy D Memorial 5K on 9.5.10
The Fallen Heroes 5K Memorial Run
and The Carlos Negron Memorial 5K
on 10.3.10 have partnered. Finish
ALL 3 events and be eligible for
\$1,500.00 in random cash.

1st - \$1000

2nd - \$300

3rd - \$200

www.jimmydfoundation.org

TEAM COMPETITION
Open, Firefighters
Police Officers, EMT's,
MILITARY,
LIFEGUARDS
PRE- ENTRY ONLY
Call 732 499-9250
for
TEAM Application



Where Will My Money Go?

The proceeds raised from this event directly support the mission of the FMBA foundation to improve the health and safety of our brothers and sisters and to secure the well-being of the widows and children of our fallen heroes.

It also supports the many charities we are involved in such as St. Barnabas Burn Foundation, The Connecticut Burn Camp, The Make-A-Wish Foundation, The Leukemia Society, and many more.

Come help us honor the service of members of the armed forces and all fire-fighters and police officers, our domestic defenders. We invite you to call us at 732-499-9250 and visit our website at www.NJFMBA.org.

Additional event funding will benefit
SAVE THE CHILDREN
and Hurricane Disaster Relief

Thanks For Your Support

Directions

Garden State Parkway (North or South).

Exit 98. follow signs to Route 138 East to Route 35 North, Right on 16th Street to BAR "A", Main and 16th.

From the West.

Take 195 East to the end, it turns into 138 East. Follow above directions on 138 East.

Please make checks payable to
NJFMBA Foundation.

Mail to 1447 Campbell St., Rahway, NJ 07065

last name →

first name →

street →

city →

zip code →

phone →

DOB →

age on race day →

Male ☐

Female ☐

'10 USATF-NJ# →

Event Entered

☐ 5K ☐ Kids Dash ☐ 1Mile Walk

Entry Fees (please check)

- ☐ 5K \$25 by 9/10/2010.
☐ 5K \$23.USATF by 9/10/2010
☐ 5K \$30 after 9/10/2010 and on race day
☐ Kids Dash \$12.

Are You a ☐ Lifeguard ☐ Firefighter
☐ Police Officer ☐ EMS ☐ Military

ADULT T-Shirt Size

☐ S ☐ M ☐ L ☐ XL

KIDS T-Shirt Size

☐ S ☐ M ☐ L ☐ XL

Call for team entry forms
732-499-9250



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 NJFMBA, the Boroughs of Lake Como, Belmar & Spring Lake, and Bar Anticipation, and all parties, groups, organizations, volunteers, sponsors, and (or) any representatives involved in the Fallen Heroes Memorial 5K Run for injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

signature (parent or guardian if under 18)

date

