

EVENT DETAILS

5-K Race

Open to runners and walkers, this race is a gorgeous, loop course that ends by circling the camp ground. Special awards for the top 3 overall male and female finishers. Registration starts at 9AM and race starts at 10AM.

Mile Fun Run

Open to kids and adults alike, to run or walk. Special awards to top Mile Fun Run finishers. Starts at 10:45AM.

Tiny Trot

For kids 5 and under, this is a dash across a field, little ones are welcome to compete in their strollers with a “driver” of their choice. Special prizes to all “trotters”. Starts at 11AM.

PLEASE NOTE:

*Super goodie bags for all runners, walkers and trotters!
Delicious home-baked goodies, fruit, and more at the end of the race.*

For More Info

Call, Email, or go to our website:

973-383-4787

ayla@centerforprevention.org

www.centerforprevention.org/pacesforprevention.html

The 5th Annual

Paces for Prevention 5-K

Plus Family Fun Run & Tiny Trot



Music, Food & Fun for Everyone!

Sunday, Sept 12, 2010 at 10AM

Swartwood State Park, Newton, NJ

Registration Begins at 9AM

Resource Center - Counseling - Strengthening Families - School of Health & Addictions - Life Skills

~ Benefitting ~

The Center for
Prevention & Counseling

- Circles - STOP - Asset Building -

Youth Leadership Institute - Partnership for Healthy Adolescents - SC Coalition for Healthy & Safe Families

- IDRC - Family Counseling - WISE

Paces for Prevention is a certified 5-K course.

Proceeds to benefit the Center for Prevention & Counseling, and the individuals they serve whose lives have been affected by substance abuse and addiction.

AWARDS: 5-K

Award given to top 3 finishers in each of the 10-year age groups.

Special awards to be given to top 3 overall male and female finishers.

RACE HOTLINE:

973-383-4787 or Email

ayla@centerforprevention.org

RACE WEBSITE:

www.centerforprevention.org

DIRECTIONS:

FROM SOUTH OF NEWTON: Take Route 80 to Route 206 North. Follow toward Newton, passing through Byram and Andover. Make a left onto 618 at the In & Out Deli. Follow up and over the hill to Route 94. Go left on 94 and follow about a mile to the light. Go right at light onto 610. Follow several miles to Route 619. Go right on 619 and follow several miles to Swartswood State Park (on the left).

FROM NORTH OF NEWTON: Go to Route 206 South. Follow into Newton Center. Take Route 94 South 5 miles out of town to light at intersection with 610. Go right onto 610 and follow above.

The Center For Prevention & Counseling

For over 30 years dedicated to building healthy communities...one person at a time. Our mission is to promote hope, health and recovery among all people by fostering a community that is safe and free from the harmful effects of substance abuse, addiction, violence and related issues.

Entry Fees: (per person)

5- Kilometer: Pre- Register by 9/6/10 = \$15 OR Day of Race = \$20
(T-shirt included with 5-K registration)

You can pay online entry fees for our 5-K race at link below:

www.centerforprevention.org/pacesforprevention.html

Mile Fun Run: \$15 w/ shirt, \$10 w/o shirt.

Tiny Trot: (for kids 5 & under- may compete in stroller)- \$5

Make checks payable to: Center for Prevention & Counseling or CFPC

Mail to: CFPC, 61 Spring St, 3rd Fl., Newton, NJ 07860

5th Annual Paces for Prevention Entry Form

Name: _____

Age on 9/11/10 _____ Male or Female _____

Address _____

City, State, Zip Code _____

Email: _____

Phone: _____

Race Entering:

5-K _____ Mile Fun Run _____ Tiny Trot _____

In consideration of this entry being accepted, I hereby for myself, executors and administrators, waive and release claims I may have against the Center for Prevention and Counseling, Swartswood State Park, Stillwater Township, and the Dept. of Recreation of Stillwater Township, their officers and representatives, for injuries that may be suffered by me in this event. I also confirm here that I am physically fit and qualified to participate in this race and am at least 18 years of age or have had this signed by my guardian if I have not yet reached the age of 18.

Athlete's Signature (that of guardian if athlete is under 18) _____ Date