

## 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, but mostly kids run. 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 for all at the end of the race.**

### For More Info

Call, email or go to our website:

973-383-4787

[louie@centerforprevention.org](mailto:louie@centerforprevention.org)

[www.centerforprevention.org/pacesforprevention.html](http://www.centerforprevention.org/pacesforprevention.html)

# The 4<sup>th</sup> Annual Paces for Prevention 5-K Plus Family Fun Run & The Tiny Trot



**Sunday, Sept 13<sup>th</sup>, 2009 at 10 AM  
Swartswood State Park, Newton, NJ**

The Center For Youth - REBEL (Reaching Everyone By Exposing Lies) - Project YES - Senior Sense - DEFY (Drug Education For Youth) - Life Skills - Partnership For Healthy Adolescents

Project Strong - Resources

**Benefiting  
The Center For Prevention & Counseling**

KIV (Keys To Intervention) - IDRC - Counseling - Changes Program - CATT - Mentors - SC Coalition For Healthy & Safe Families - El Refugio - Family Counseling - Strengthening Families

School of Health & Addictions

## Paces for Prevention

is a certified 5-K course.

**Come out for the morning for a good cause and enjoy music, great goodies & have some fun!**

### 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

[louie@centerforprevention.org](mailto:louie@centerforprevention.org)

### RACE WEBSITE:

[www.centerforprevention.org/pacesforprevention.html](http://www.centerforprevention.org/pacesforprevention.html)

### 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 health, hope and recovery among all people by creating an environment that is safe and free from the effects of substance abuse and addiction.

### Entry Fees: (per person)

**5- Kilometer-** Pre- Register by 9/7/09 = \$15 OR Day of Race = \$20 (tee shirt included with 5-K registration to the first 200 runners)

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

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

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

**The Tiny Trot-** (for kids 5 & under- May complete in stroller)- \$5 dollars

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

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

## 4th Annual Paces for Prevention Entry Form

Name: \_\_\_\_\_

Age on 9/13/09 \_\_\_\_\_ 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 (or that of guardian if athlete is under 18) \_\_\_\_\_ Date