

8th Annual *Fallen Heroes* **5K MEMORIAL RUN**

**IN REMBRANCE OF OUR FALLEN BROTHERS**

**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

**Registration**

By mail or online at [www.practicehard.com](http://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.

**Results**

[www.eliteracingsystems.com](http://www.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](http://www.jimmydfoundation.org)

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

New Jersey  
Grand Prix Event  
500 Points

NJFMBA  
1447 Campbell Street  
Rahway, NJ 07065



**Kids Run Too! Kids Dash for Heroes**

**visit [www.NJFMBA.org](http://www.NJFMBA.org) for more information**

### 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

