



S.P.A.S.A. & S.P.E.F.
**SOUTH PLAINFIELD ALLIANCE FOR
SUBSTANCE AWARENESS &
SOUTH PLAINFIELD EDUCATION FOUNDATION**
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Dear Runners & Walkers,

I hope you are having a great summer and enjoying yourself. I hope you are running or walking regularly to keep in shape.

On behalf of the South Plainfield Alliance for Substance Awareness, the staff at The Club at Ricochet and the South Plainfield Education Foundation, I wish to invite you to join us again for our 22nd Annual *The Club at Ricochet/SPASA & SPEF Labor Day 5K Run* on September 3, 2012. This year you can participate in the race to continue to raise funds for a scholarship in Brayden Carr's memory for students with a seizure disorder. The website for them is: www.BraydentCarrFoundation.org.

To add to the 245 runners last year, we are excited to be continuing the 1.5 Mile Family Fitness Walk again this year. Over forty walkers participated in this event last year, and we hope to increase this number in support of family togetherness and a positive drug free fun filled fitness lifestyle. The entry fee for the walkers is \$5.00 per person and/or family. T-shirts and substance awareness information packets will be given to the first 40 participants that pre-register **before August 15 for the walk**.

This year's 5K Run pre-entry registration is \$15.00 (by August 15) and \$20.00 fee after August 15 and on race day. The first 100 pre-registered 5K entrants that register **before August 15 for the race** will receive a T-shirt along with a packet of various items and substance awareness information. Computer timing will be handled by Best Race Systems and race results will be posted on the Internet at www.bestrace.com. Please do not mail applications after Aug 15th due to the possibility of not arriving to the Post Office box in time.

The race will begin and end on Lake Street next to the So. Plainfield Middle School. Both the 5k Run and Family Walk will begin at 9:30 a.m., depending on the parade marshals, with registration starting at 8:15 a.m. There will be two tables set up, one for pre-registered runners and another for race day registrations.

It is also important to note that all proceeds for the race go to supporting the efforts of the South Plainfield Alliance for Substance Awareness and the South Plainfield Education Foundation in making the South Plainfield community drug free and to inspire our students to achieve high academically with positive incentives and education grants and scholarships. I also hope that you will find time to recognize and/or patronize the many businesses and sponsors of our race presented on the other side.

Last year's race/fitness walk was one of the biggest yet under just near perfect conditions. We had a lot of fun kicking off a great day in South Plainfield with our 5k Run and Family Walk. The day also includes the famous South Plainfield Labor Day Parade (largest in the state of NJ), games, picnicking, and concludes with fireworks at Spring Lake Park. Bring a friend in support of healthy exercise and reducing substance abuse. Let's make this year the best ever.

Sincerely,

Marjorie M. Reedy -
Race Coordinator & S.P.E.F. President

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