



Event volunteers Michael Boyle and Kelly Richkus.



Two-hundred forty-six runners take off at the 18th Annual Labor Day 5K Race.

5K Race and Family Fitness Walk Takes Off Under Sunny Skies

The 18th Annual Labor Day 5K Race and Family Fitness Walk, sponsored by The South Plainfield Education Foundation, The Club at Ricochet and The South Plainfield Alliance for Substance Awareness (SPASA), started the South Plainfield Labor Day festivities under a sunny, but cool sky. The 5K race helps to raise money and educate students on how to make good choices and not abuse drugs. Participants receive literature about anti-smoking and anti-steroid use that helps promote a healthy way of life. The Education Foundation also supports numerous scholarships and programs for the students of South Plainfield. One major program at the high school is the Tiger Gold Program which rewards students for academic achievements, community service, etc. The foundation hopes to expand programs to all schools in the district with positive incentive programs. The foundation is also looking to provide some funding for special guest speakers which schools would normally be unable to afford during the school year.

For more information visit their Web site at www.spnet.k12.nj.us/Spvission2001.

Participants from more than 20 towns and plenty from South Plainfield could be found in front of Frank Jost Field on Labor Day. Two hundred thirty-six runners and 34 walkers participated in this year's event. It was great to see so many of our student athletes participating again this year.

The 5K Race and Family Fitness Walk path followed the parade route in reverse, with the 5K runners turning around

at the Middle School, while the 1.5 mile walkers turned around at the traffic light at Front Street and Maple Avenue. Each group started and ended in front of the Jost Field entrance.

The overall winners for this year's race included Anjelica

pre-registered entrants and a free month's membership to all the second place finishers. A big thank you to *Twin City Pharmacy*, which purchased a case of oranges for the runners, then donated additional money to help cover first prize awards. An

of the street for runners to get a quick drink. All the water and cups were donated by *Flanagan's Restaurant*. This year marked the return of pre- and post-race massages from *Aiello Chiropractic*. The post race water was made available from a donation from

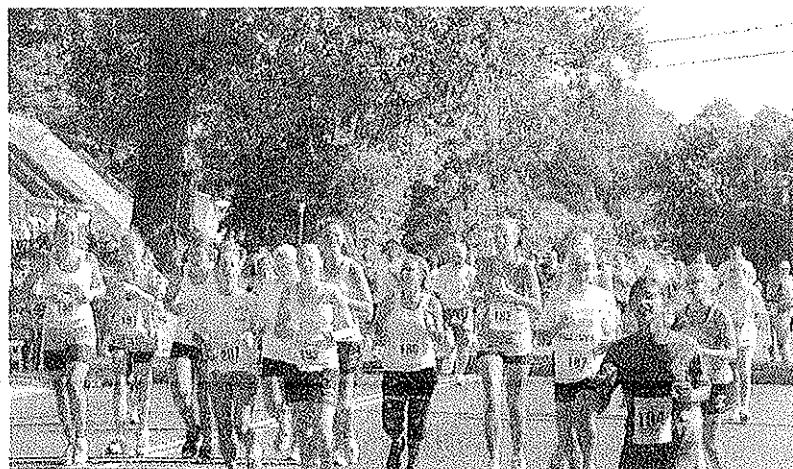
event a success. We would like to thank Carolyn Allen, Bob Boyle, Ellen Decker-Lorys and Stan Lorys, Kevin Hajduk, Kevin Hughes, Shannon Jefferys, Frank Mikorski, Marge, Mike and Sandy Reedy, Frank Rainear and Kelly Richkus for all of their help. This year there were a number of student and community volunteers we wish to thank, including Ian Collins, Ricky Harzala, Lindsay Fredericks, Krishna Patel, Doug Porzio and Susan Tian, and numerous other unknowns for all of their help setting up, distributing water, recording the finishers, etc.

We would also like to thank the mayor and the council, The South Plainfield Board of Education, and all of those involved in making our South Plainfield Labor Day Parade one the biggest events in the State of New Jersey.

Last, but certainly not least, we would also like to take a moment to thank all of the community sponsors for their support. Please patronize these businesses and thank them for their support of the community and the 5K Race and Family Fitness Walk: Giakas Cleaners, K.C.'s Korner Bar and Restaurant, South Plainfield Funeral Home, Casablanca is Hair, Spring Lake Shell Service Center, McCriskin-Gustafson Home For Funerals, Mohr's Florist, Boyle Memorial Fund, Hometown Heroes, Buy-Rite Auto Parts, Presto Printing Service, Schulz Landscaping and Ciccio's Pizza.

If you would like information on becoming a 5K Race corporate or community sponsor or volunteer, contact Marjorie Reedy at mreedy@lynn-huddsteel.com.

— Submitted by Fred Oberkehr and Rob Richkus



Brinkofski of Somerset, with a time of 18:38 for the females, and Tim Morgan of South Plainfield, with a time of 15:39 for the males. The second place overall winners were Susan Richardson of Lawrenceville, with a time of 19:45, and Mike Loenser of South Plainfield, with a time of 15:50 for the males.

We would like to thank the *Observer* for all of their support and coverage of the race before, during and after the event. Another special thank you is sent to *Joe Romer Trophy* for donating the trophies in all categories. Kudos to Rudy Willemson and the staff from *The Club at Ricochet* for supplying shirts to the first 200

additional donation to the race prizes was two gift certificates of \$50 donated by *Sportsworld*. We would like to thank *Sherban's Diner and Restaurant* who, once again, donated the runners' and walkers' bib numbers. *The Bagel Pantry* donated all of the bagels available to the participants after the race. A new corporate sponsor, *Lynn/Hudd Steel Corporation*, of South Plainfield, has joined our cause and provided the prize money for the overall winners' category. A new attraction for the race, which was greatly appreciated, could be seen in front of Flanagan's Restaurant. Water tables were established on both sides

a combined effort of *Columbia Bank* and *Commerce Bank* of South Plainfield. We would also like to thank *The Home Depot* for their donation this year with gift certificates. It is with great sadness that after 12 years this will be the last year that Home Depot will be a part of the 5K Race and Family Fitness Walk.

We would like to acknowledge the help and support the race receives from the South Plainfield Rescue Squad and the South Plainfield Police Department, who each year lead the race and help ensure the safety of all the participants.

So many volunteers gave their time to help make this year's