



*Sunday, July 26, 2009*  
*7:30 am-8:30 am Registration*  
*8:30 am Fun Run/Walk Start*  
*9:00 am 5K Start*  
*Rain or Shine*

*Roosevelt Park*  
*Edison, NJ*



[www.jfkmc.org/foundation](http://www.jfkmc.org/foundation)

## SCHEDULE

**Sunday, July 26, 2009**  
**Roosevelt Park, Edison, NJ**

**7:30 am - 8:30 am**

Registration, health screenings, display tables open, family activities.

**8:30 am**

1 Mile Fun Run/Walk starts!

**9:00 am**

5K Race starts!

Awards ceremony and post celebration immediately following the 5K race.

Baldasari and Leestma Race Mgmt.

### REGISTRATION

To register, complete the registration form and mail or fax it in. Or register online at [www.active.com](http://www.active.com), [www.practicehard.com](http://www.practicehard.com) or [www.bandlracetiming.com](http://www.bandlracetiming.com).

Mail checks payable to the JFK Medical Center Foundation to 80 James St., Edison, NJ 08820  
 Fax: (732) 632-1542

### DIRECTIONS

**Route 287:** Follow 287 to Exit for Route 1 North. Follow directions for Route 1 North. **Route 1 South:** Make right at Grandview Ave. (After Menlo Park Mall); Bare right; Make first left into park. **Route 1 North:** Take jug handle at Lafayette Rd. Cross back over Route 1 (turns into Grandview Ave.). Bare right, make first left into park. **NJ Turnpike:** Take Exit 10 (287 North); 287 North to Route 1 North. Follow directions for Route 1 North. **Garden State Parkway - South:** Take Exit for Route 1 South. Follow directions for Route 1 South. **Garden State Parkway - North:** Take Exit for 287 North (after Raritan toll plaza). Take Exit for Route 1 North. Follow directions for Route 1 North.

## REGISTRATION FORM

### 5K RACE/1 MILE WALK ENTRY FORM

5K Race \_\_\_\_\_ 1 Mile Fun Run/Walk \_\_\_\_\_

Name \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Birthdate \_\_\_\_\_

Sex (circle one): Male Female

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

USATF-NJ# \_\_\_\_\_

### I have enclosed: (please check one)

\$18 5K (USATF-NJ by 7/18)

\$20 5K (by 7/18)

\$25 5K (after 7/18 or on race day)

\$5 1 Mile Fun Run/Walk

*There are no refunds after entry form is received.*

Tee Shirt Size: (circle one) Y S M L XL XXL

*In consideration of being permitted to participate in The Miles for Minds 5K and 1 Mile Fun Walk, I hereby, for myself, my heirs, and personal representatives assume any and all risks which might be associated with the event. I further waive, release, discharge and indemnify the JFK Medical Center Foundation, the County of Middlesex, volunteers, sponsors and others associated with this event, from any and all claims from injuries or damages of any kind arising from participating in The Miles for Minds 5K and 1 Mile Fun Walk.*

*I permit the JFK Medical Center Foundation the free use of my name and photograph in any film, videotape, brochure, newspaper, reports and promotions of this event or future events.*

Signature \_\_\_\_\_

(parent's signature if under 18)

Date \_\_\_\_\_

## CENTER FOR HEAD INJURIES

Each year in the United States 1.4 million Americans sustain a traumatic brain injury. In New Jersey there are nearly 9,000 traumatic brain injuries from falls, motor vehicle crashes, assaults and self-inflicted injury resulting in hospitalization or death.

The Center for Head Injuries, located within the JFK Johnson Rehabilitation Institute at JFK Medical Center in Edison, provides a highly specialized continuum of care through its corps of medical and rehabilitation specialists to individuals with acquired brain injury. The Center's continuum of care encompasses acute inpatient rehabilitation on the Brain Trauma Unit, sub-acute inpatient rehabilitation at the Extended Recovery Unit, as well as an outpatient Cognitive Rehabilitation program. Using an integrated, interdisciplinary approach each level in the continuum is designed to provide a comprehensive and progressive flow of treatment to meet the needs of individual patients.

The Center's goal is to restore real-life skills to those with head injuries so that they may return to their family and community at the maximum level possible. With its unprecedented, comprehensive approach to care, the Center for Head Injuries, regarded as a pioneer in head trauma evaluation and treatment provides families with support, education and training as they navigate the uncertain road to recovery.

For more information about The Center for Head Injuries, please visit our website at [www.solarishs.org](http://www.solarishs.org)

## RACE INFORMATION

### COURSE:

USATF Certified Course and Sanctioned Race  
 Course Description: Park loop on roads and paved trails. Scenic, wooded and lakeside.

### AWARDS

5K: Top 3 Overall Male & Female & Top 3 Male & Female in each age group  
 1 Mile Fun Walk: Ribbons to all finishers

### AGE GROUPS: (5 year increments)

14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Tee shirts provided to the first 250 registered runners.

### ENTRY FEES:

**\$18** 5K (USATF-NJ by 7/18)  
**\$20** 5K Early Registration (by 7/18)  
**\$25** 5K (after 7/18 or on race day)  
**\$5** 1 Mile Fun Walk

### MEDICAL/SAFETY/WATER

Course traffic controlled and marshaled. Emergency medical technicians on-site. Insurance restrictions prohibit baby strollers, bicycles, pets, skates, or roller blades in the 5K race. Water will be available at the start, finish and on the course.

## SPONSORS

**Yes!** Please reserve the sponsorship checked below for my company.

- Gold Medal Sponsor** **\$3,000**
- Silver Medal Sponsor** **\$2,000**
- Finish Line Sponsor** **\$1,000**
- Checkpoint Sponsor** **\$500**
- Starter Sponsor** **\$200**

Contact Name \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Method of payment: (check one)

Check  Pledge  Credit Card

Credit Card # \_\_\_\_\_

Expiration date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

I want to support The Center for Head Injuries at JFK Medical Center but do not wish to sponsor the 5K. Enclosed is my gift of \$\_\_\_\_\_.

**Mail completed form and check (payable to the JFK Medical Center Foundation) to:**  
**JFK Medical Center Foundation**

**80 James Street**

**Edison, NJ 08820**

**Phone: (732) 632-1540 • Fax: (732) 632-1542**

**JFK Medical Center  
 Foundation**

80 James Street • Edison, New Jersey 08820-3998

## DONATION SHEET

Whether or not you are participating in the JFK Miles for Minds 5K and Fun Walk, you can help us raise additional funds for The Center for Head Injuries by collecting donations.

Ask your family, friends and colleagues to support you by making a charitable gift to The Center for Head Injuries.

SPONSOR'S NAME	AMOUNT
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
<b>TOTAL</b>	<b>\$</b>

Complete this form and mail checks made payable to the JFK Medical Center Foundation to:

Ms. Donna M. Meade, Executive Director  
 JFK Medical Center Foundation  
 80 James Street  
 Edison, NJ 08820

Remember to enclose matching gift forms if applicable. For additional donation collection forms, please call the JFK Medical Center Foundation at (732) 632-1540.