

Directions to the Resources for Independent Living *Run and Roll*

All events start at Cooper River Park, at the Jack Curtis Stadium, 5300 North Park Drive, Pennsauken, NJ 08109.

From the NJ Turnpike: Take Exit 4 to Route 73 North heading towards Philadelphia. Take left onto Route 38 West, then exit south on Cuthbert Blvd., just beyond exit to Route 70 is North Park Blvd. and the race course.

From I-95 and Philadelphia: Go over Ben Franklin Bridge on 676 (US 30). Continue on HWY 38 heading east for 0.6 miles. Bear right on US 70 heading east for 1.1 miles on North Park Blvd.

From I-295 in New Jersey: (runs parallel to NJ Turnpike) Take Rte. 70 west. Head south on Cuthbert Blvd. to North Park Blvd. and take right to parking area.

**NATIONWIDE
PRINTING
& SIGNS**

T-SHIRTS • SIGNS • VEHICLE GRAPHICS

856.662.4545



**Professional Timing by:
L&M Computer Sports**

Phone: (609) 747-7745
Fax: (609) 747-1870
E-mail: info@rilnj.org
Websites: rilnj.org
www.nursingfacilitytransition.org

Send registration and sponsorships
to:
351 High Street, Suite 103
Burlington, New Jersey 08016

Resources For
Independent Living Inc.



Saturday, October 4th, 2008

Rain or Shine!

**Cooper River Park
Jack Curtis Stadium
5300 North Park Drive
Pennsauken, NJ 08109**

Registration: 7:30 AM
1 Mile Roll and Walk: 8:30 AM
5K Run: 9:00 AM

Resources for Independent Living
351 High Street, Suite 103
Burlington, New Jersey 08016
Main: (609) 747-7745
Fax: (609) 747-1870
TTY: (609) 747-1857
Email: info@rilnj.org
Websites: rilnj.org
www.nursingfacilitytransition.org



Why should you help?

Resources for Independent Living in Burlington, New Jersey is a non-profit agency that assists people with disabilities to live more independently in the community.

We provide four core services: information, peer support, advocacy, and independent living skills training. We also offer many recreational opportunities as well as youth based services and nursing facility transition services. Our organization has been serving New Jersey for over 14 years.

The proceeds from the Run & Roll on Saturday, October 4th, will go to recreational activities and independent living skills training. The independent living skills training program teaches basic life skills like: cooking, cleaning, laundry, self-care, budgeting, job readiness services, banking and many other skills that are necessary to live independently in the community.

All donations and sponsorships are tax deductible as we are a 501(c)3 organization.

Wouldn't you like to make a difference in someone's life? By partnering with Resources for Independent Living you will have that opportunity. Please contact our office to let us know how you would like to help us.

Participant Registration

Name: _____
Age: _____ Sex: _____
Address: _____
City: _____
State/Zip: _____

Events: (please select one)

5K Run 1 mile Walk

Free T-shirt to all Pre-Registrants!

Others while supplies last.

T-shirt size: ___ M ___ L ___ XL ___ XXL

Registration Fees for 5K & Walk:

\$20 pre-registration, \$25 day of event

Pre- Registration must be RECEIVED by:

Friday, September 26th, 2008.

All contributions are tax deductible.

Total Enclosed:

WAIVER: In consideration of this entry acceptance, I, my heirs, executors and administrators hereby waive any and all rights of claim for damages I may have against Resources for Independent Living, Inc., L&M Computer Sports, all co-sponsors, or any individual associated with the above for any and all injuries sustained by me in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. I also understand that the entry fee is non-refundable and non-transferable. I further attest and verify that I am physically fit and have sufficiently trained for competition and my physical condition has been verified by a licensed medical doctor. THIS WAIVER MUST BE SIGNED BY EACH PARTICIPANT REGISTERED.

Signature of athlete (Signature of parent or guardian if under 18 years)

Date:
IF ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

5K Run Awards

- Top Male and Female Overall
- Age Group Winners -Top Three Male and Female
 - 19 and Under
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60 and over

Corporate Sponsorship

Sign up for:

- | | | |
|--------------------------|---|------------------|
| <input type="checkbox"/> | Gold Wheel - Company name in larger font on back of RIL Run and Roll T-shirt, opportunity to place company sign at event, name on a sign posted along the route, name in article in issue of <i>NJ RIL Express</i> newsletter, opportunity to provide promotional items, name mentioned in sponsor recognizing flier provided to all Run and Roll participants and volunteers. | Price
\$1,000 |
| <input type="checkbox"/> | Silver Wheel - Company name on back of RIL Run and Roll T-shirt, name on a sign posted along the route, name in article in issue of <i>NJ RIL Express</i> newsletter, opportunity to provide promotional items, name mentioned in sponsor recognizing flier provided to all Run and Roll participants and volunteers. | \$500 |
| <input type="checkbox"/> | Bronze Wheel - Company name on a sign posted along the route, name in article in issue of <i>NJ RIL Express</i> newsletter, opportunity to provide promotional items, name mentioned in sponsor recognizing flier provided to all Run and Roll participants and volunteers. | \$300 |
| <input type="checkbox"/> | Aluminum Wheel - Company name in article in issue of <i>NJ RIL Express</i> newsletter and name mentioned in sponsor recognizing flier provided to all Run and Roll participants and volunteers. | \$100 |

Company Name

Address

Phone

Email

**Resources For
Independent Living Inc.**

Send registration and sponsorships to:
351 High Street, Suite 103
Burlington, New Jersey 08016

Phone: (609) 747-7745
Fax: (609) 747-1870
E-mail: info@rilnj.org