



BH5K 2023

Charity Road Race and Fitness Walk
SUNDAY, SEPTEMBER 17, 2023

Presented by



This charity event is made possible by the generous support of many local businesses and corporations.

Races

5K Run	9:30 am
1.5 mile fitness walk	9:35 am
Tot Trot & fun run for kids	10:15 am

Run or Walk thru tree-lined neighborhoods in downtown Berkeley Heights. 5K race begins at 9:30 am at Veterans Memorial Park. The 1.5 Mile Fitness Walk starts at 9:35 am (immediately after the start of the 5K run). Free children's Fun Runs begin at 10:15 am. Awards and drawings promptly following Fun Runs.

5K Award Categories

Official results with (bib chip scoring) by CompuScore 1st, 2nd, & 3rd Places Overall for Men & Women & in each of these age categories:

10 & under	11 - 14	15 - 19	20 - 24
25 - 29	30 - 34	35 - 39	40 - 44
45 - 49	50 - 54	55 - 59	60 - 69
70 - 79	80 & over		

Directions

Veterans Memorial Park is located in the heart of Berkeley Heights - 113-205 Plainfield Ave. Free Parking will be available in the municipal lot at the BH train station. Follow the pink BH5k signs.

Registration

www.berkeleyheights5k.com



	Early Registration by Sept. 6th	Late Registration starts Sept. 7th
General Public	\$30	\$35
USATF NJ Members	\$25	\$30
T-shirt & bag	Guaranteed	No Guarantee

- Early Registration by September 6th is recommended to guarantee a race t-shirt.
- Entrants may pick up their packets (including race bibs, t-shirt & goodie bag) at Smith Chiropractic 261 Springfield Ave, Suite 202, Berkeley Heights.
- Pickup days: Tues/Thurs Sept 12 and 14 from 8 am - 5 pm and Saturday, Sept 16 from 8 am until 4 pm.
- Late registration/packet pick-up begins at 7:45 am the day of the race at Veterans Memorial Field. All registration must be done online.
- NO charge or registration needed for children's races, just show up at 10:15 and have fun.

Performance T-Shirts, Goodie Bags, Food & Lots of Giveaways



Event questions: berkeleyheights5k@gmail.com or call 908-464-8899