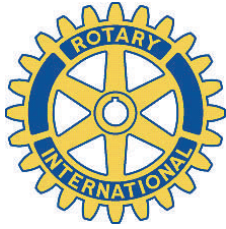


FAIR LAWN SUNRISE ROTARY



PRESENTS 1ST DAY 5K Run & 3 K FAMILY WALK

TO BENEFIT
ROTARY CHARITIES
&
THE ROTARY GIFT OF LIFE



Where:
January 1, 2011
Memorial Middle School
12-00 1st St., Fair Lawn, NJ

USATF Certification # NJ02014LMB
USATF Points Awarded
www.1stDay5K.org

Entry Fees:
Pre-Registration—\$18
USATF Members Pre Reg.—\$15
Day of Race —\$20
Children under 18—\$10

Schedule of Events:

9:30 am— Check In
10:45 am—Runner Briefing
11:00 am—5k Run/Walk Begins
12:00 pm— Awards & Raffles

Contact: Honey Morgenstern
@ 201-797-3262
or Abby Ceres-Buda @201-410-3496
for more information.



Please mail Entry form and Check to:
Abby Ceres-Buda
C/O Fair Lawn Sunrise Rotary
PO Box 112, Fair Lawn, NJ 07410

\$50 Family Max

Amenities:

T-Shirts (1st 300 Registrants)*
Race Packets
Post-race refreshments
Plenty of Parking
Rest Room facility
Locker Room

Day of Race Awards:

Medals for Top 3 Male & Female in the following categories:

14 Under	25-29	40-44	55-59	70-74	85 +
15-18	30-34	45-49	60-64	75-79	
19-24	35-39	50-54	65-69	80-84	

OFFICIAL ENTRY FORM

Pre-registration ends December 22, 2010
***Make Check Payable To: Fair Lawn Sunrise Rotary

Last Name: _____ First Name: _____

Street Address _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: **M / F**

Please Circle Event: **5K Run Grand Prix Event** or **3K Fun Walk (Course not certified)**

*T-Shirt Size: **S M L XL (size not guaranteed)** USATF-NJ '11# _____

In consideration of this entry being accepted, I hereby for Heirs, executors, administrators, and myself waive any claim that I may have against the Fair Lawn Sunrise Rotary and the Borough of Fair Lawn, Fair Lawn Volunteer Ambulance Corps, Fair Lawn Police Dept, or their representatives, successors, or assignees for any injuries that may be suffered by me in this event. I do hereby certify that I am in physical condition for this event.

Signature: _____ Parent Signature (if under 18): _____ Date: _____

WWW.1stDay5K.Org