

# 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, 2012  
Memorial Middle School  
12-00 1st St., Fair Lawn, NJ

USATF Certification # NJ04038LMB  
USATF Points Awarded  
www.1stDay5K.org

### Entry Fees:

Pre-Registration—\$20  
USATF Members Pre Reg.—\$18  
Day of Race —\$23  
Children under 18—\$15

### 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

2 Adults w/Minor Children \$60

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



### Amenities:

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

Please mail Entry form and Check to:  
Honey Morgenstern  
C/O Fair Lawn Sunrise Rotary  
PO Box 112, Fair Lawn, NJ 07410

### 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

— \*\*\*Make Check Payable To: Fair Lawn Sunrise Rotary\*\*\*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address \_\_\_\_\_ Email: \_\_\_\_\_

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 '12 # \_\_\_\_\_

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