

Schedule

8:00 am Registration Begins
9:30 am 5K Start
10:10 am 1 Mile Ramble
Run/Walk/Wheel/Stroll
10:30 am Kids' Dashes

Registration

By mail or online at www.raceforum.com/cpl
NO REFUNDS, TRANSFERS OR DEFERRALS.

Entry Fees

5K by October 10th \$23
USATF Members \$20
After October 10 and on race day \$25
1 Mile Ramble \$10
Kids' Dashes \$7

**CPL 14th Annual
5K Breakfast Run**



North Jersey
**2016
Grand Prix**

Saturday, October 15, 2016

Course

5K—USATF certified, flat, fast, through
Commerce Business Park
Kids' Dashes—Ages 2-11, 30—200 yards
"Field of Dreams" track

Awards

5K - 1, 2, 3, Overall & Age Groups,
Male & Female

Age Groups

5 years -14 & under to 85 & over

1 Mile Ramble - Ribbon to all Ramblers
Kids' Dashes - Ribbon to all Finishers



LOCATION

Cerebral Palsy League
61 Myrtle Street
Cranford, NJ 07016

INFORMATION

call
(908) 709-1800 ext.1128

Free
Continental Breakfast
Family Fun
Custom Designed T-
Shirt
Awards

Race day phone number: 732-895-0613

_____ 5K \$23 by October 10 _____ 5K \$20 USATF members _____ 5K \$25 After October 10 and on race day
_____ 1 Mile Ramble \$10 _____ Kids' Dashes \$7

Adult T-Shirt Size _____ S _____ M _____ L _____ XL Kids T-Shirt Size _____ YS _____ YM _____ YL

Checks payable to: The Cerebral Palsy League
Mail to: The Cerebral Palsy League, 61 Myrtle Street, Cranford, NJ 07016

Postmark By October 7, 2016

First Name _____ Last Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Date of Birth _____ Age on Race Day _____ 2016 USATF-NJ # _____

I am unable to participate but would like to support The Cerebral Palsy League with my donation of _____.

E-mail _____ Sex _____

Waiver Release: In consideration of this entry being accepted, I hereby for myself, heirs, executors, & administrators waive & release any claims I may have against The Township of Cranford, The Cerebral Palsy League, Inc., On Your Mark Productions, their staff, officers, volunteers, successors and assigns for any and all injuries that may be suffered by me in this event. Further, I state that I am physically able to participate in this event.

Signature _____ Date _____ Signature of parent if under 18 _____