

Schedule Of Events

- 7:30 am Registration Begins
- 9:00 am 5k Road Race
- 9:45 am 1 Mile Walk/Fun Run
- 10:00 am Refreshment & Awards Ceremony



Register Online at

PracticeHard.com

No Processing Fee

FEES

5K Run Pre-Entry

\$18 With Shirt
(\$2. Discount to USAIF-NJ Members)

1 Mile Pre-Entry

\$18 With Shirt
\$10 Youth 14 & Under With Shirt

Post-Entry - 5K/1 Mile

\$20 With Shirt
\$10 Youth 14 & under With Shirt
(While Supplies Last)

AWARDS

INDIVIDUAL

5K RUN - FIRST 3 OVERALL (MALE & FEMALE)
FIRST 3 IN EACH AGE GROUP (MALE & FEMALE)

14 & Under, 15-18, 19-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-69, 70+

CONTACT



Ray or Tears - Office 908-245-3000

SPONSORS



of America

Since 1935, EMUNAH has been responding to the needs of the people of Israel, caring for young and old, new immigrants and long-time Israelis. EMUNAH cares for Israel's disadvantaged children and families, providing education and opportunity for a meaningful future. This goal is accomplished through various educational and social welfare programs. There are tens of thousands of dedicated professionals and volunteers around the world who have helped to make EMUNAH a success. Through their dedication and your support, EMUNAH will continue to maintain its vast network of services and programs including day care, after school programs, educational institutions, counseling services, parenting groups, crisis shelters, as well as services for the elderly and the homebound.

DIRECTIONS

From Route 95/NJ Turnpike North Bound And Route 80 East Bound Local Lanes. Take Teaneck Exit 70B. Turn Right At Second Traffic Light Onto Teaneck Road. Follow To Third Traffic Light And Turn Left Onto Cedar Lane. Go to Second Light Make A Right Onto Palisade Ave. Go Straight to End Of Road Ma'ayanot H.S. Approx 1.5 Miles

From Route 95 South Bound/New York George Washington Bridge Local Lanes: Take Teaneck Exit 70. Turn Left At Traffic Light. Follow Above Directions To Teaneck Road.

From Route 4 East Bound: Take River Road Exit. Turn Right At Traffic Light Onto River Road. Follow To First Traffic Light And Turn Left Onto Cedar Lane. Go to Third Light Make A Left Onto Palisade Ave. Go Straight to End Of Road Ma'ayanot H.S. Approx 1.5 Miles

From Route 4 West Bound: Take Second Teaneck Road Exit (Teaneck Road/Ridgefield Park). Follow Teaneck Road To Second Traffic Light And Turn Right Onto Cedar Lane. Go to Second Light Make A Right Onto Palisade Ave. Go Straight to End Of Road Ma'ayanot H.S. Approx 1.5 Miles

Ma'ayanot H.S. 1650 Palisades Ave

A Portion of the Proceeds will be Donated to the George Ohlandt Memorial Fund

For information about EMUNAH Of America
The 5k Road Race - Mile Walk/Run
Contact Ronnie Faber
201-530-1499



**May 21, 2006
Teaneck, NJ**

5K - 9:00am Mile - 9:45am
Ma'ayanot High School/Charter School
Teaneck, NJ

AMENITIES

- No Online Process Fees
- USATF Certified Course
- USATF-NJ Grand Prix Event
- 500 Points
- 5 Year Age Group Awards
- Refreshments
- Custom Shirt
- Raffle



Sports A/R
546 E. Curtis St.
Linden, NJ 07036

2006 Emunah 5k

Make Check Payable & Mail To: Emunah 5k
546 E. Curtis St. Linden, NJ 07036

FIRST NAME					
LAST NAME					
BIRTH DATE	AGE	SEX			
EVENT	5K Run	Shirt Size Choice One			
	1 Mile	YL	M	L	XL

STREET					
CITY					
STATE					ZIP
PHONE					
E-MAIL					
2006 USATF#					

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in EMUNAK 5K for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18