



# 5k & Fun Run



Sunday, September 12, 2010

9:00 AM

Oakland, NJ

### WHERE

Oakland-McBride Corporate Park  
100 Bauer Drive, Oakland, NJ  
USATF Certified Course with Water Stations

### WHEN

7:30 – 8:40 AM Pick-up Packets  
9:00 AM 5k Race (Walk to follow)  
10:00 AM Kids 1-Mile Fun Run  
11:00 AM Awards Ceremony

### WHY

All proceeds benefit  
The Matthew Larson Foundation  
For more information visit  
[www.ironmatt.org](http://www.ironmatt.org)

### SCORING

[www.bestrace.com](http://www.bestrace.com)



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### AMENITIES

DJ George from Triple A DJ  
Fun for the Family after Race  
Plenty of parking  
T-Shirts guaranteed to those who register  
for 5k by 8/29

### AWARDS

Top 3 overall Male & Female  
Age Group Awards in 10-year Increments  
Ribbons for all Fun Runners

### INFORMATION AND TO VOLUNTEER

(201) 651-1010

Visit [www.lakesidefitnessclub.com](http://www.lakesidefitnessclub.com)  
[julie@lakesidefitnessclub.com](mailto:julie@lakesidefitnessclub.com)

### ONLINE REGISTRATION

[www.raceforum.com/IronMatt](http://www.raceforum.com/IronMatt)



Checks payable to: IronMatt 5k; Mail to: IronMatt 5k ▪ Lakeside Fitness Club ▪ 100 Bauer Drive ▪ Oakland, NJ 07436

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone # \_\_\_\_\_  
 Email Address \_\_\_\_\_ 2010 USATF# \_\_\_\_\_  
 Gender      M    F      Adult Tee Shirt Size    S    M    L    XL

**Waiver Release:** In consideration of this entry being accepted, I (together with my parent or guardian, if I am under the age of eighteen or under a legal disability) represent covenant and agree that myself, heirs, executors and administrators do accept and voluntarily incur all risks of any injuries, damages, or harm which arise during or result from my participation in this Event. I waive and release any and all claims for damages of any nature which I may have against any and all parties, groups, municipalities, organizations, volunteers, sponsors and (or) any representatives involved in this event and agree to hold such parties harmless from any claim arising in connection with this Event, specifically the Matthew Larson Foundation, Lakeside Fitness Club and the Borough of Oakland. I also give my permission without fee, for use of my name and (or) picture in any broadcast, telecast or print media account of this event. Further, I state that I am physically able to participate in this event. **The Matthew Larson Foundation strongly recommends that each participant/volunteer have an annual physical examination and carry personal health and accident insurance.**

I acknowledge that I have read and fully understand the conditions under which this entry is made and accept them.

ENTRY FEES	
<input type="checkbox"/> 5K Run-Walk by 9/5	\$20
<input type="checkbox"/> USATF Member by 9/5	\$18
<input type="checkbox"/> Fun Run by 9/5	\$10
<input type="checkbox"/> 5K after 9/5	\$25
<input type="checkbox"/> Fun Run after 9/5	\$12

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Parent/guardian signature if participant is under 18 years of age