

Benjamin Schwartz Memorial

Garden State Plaza 5K & 1M

***USATF Certified 5K - Fast & Flat
& USATF-NJ Grand Prix 500 pt
Timed 1M Run & Fun Run
Energetic DJ & Warm-Ups
Lavish Breakfast
NEW: Tech shirts!
No Online Processing Fees***

**November 12, 2017
Garden State Plaza,
Paramus, NJ**

5K - 8:45am / 1M - 9:30am

 Register Online at

PracticeHard.com

No Processing Fee

Event Info: 908-245-3000 tears@practicehard.com

Sports A/R
253 W. Westfield Ave.
Roselle Park, NJ 07204



North Jersey

2017

Grand Prix



USATF
NEW JERSEY

500 Point Event

www.PracticeHard.com