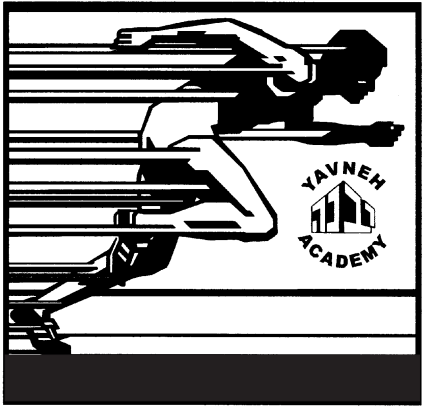


Westfield
Garden State Plaza
 Benjamin Schwartz Memorial
5K Run
 & 1 Mile Fun Run/Walk



April 14, 2013
Garden State Plaza
Paramus, NJ
5K - 8:45am 1 Mile - 9:30am

2 EVENTS
THIS YEAR ONLY!!!
4/14/13 & 11/10/13

No Online Processing Fees
USATF Certified Course
USATF-NJ Grand Prix Event
DJ - Music
Warm-Up Instructor
Lavish Breakfast
Custom Designed Color Tee

Register Online at
PracticeHard.com
 No Processing Fee



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

APRIL 2013 Garden State Plaza 5K/1M

Make Check Payable & Mail To: Yavneh Academy Scholarship Run
 c/o Sports A/R, 253 W. Westfield Ave., Roselle Park, NJ 07204

FIRST NAME					
LAST NAME					
BIRTH DATE	A	G	S	E	X
EVENT	5K Run	Shirt Size - Choose One			
	1 Mile	YL	S	M	L XL

STREET					
CITY					
STATE					ZIP
PHONE					
E-MAIL					
USATF-NJ#	2013				

In consideration of this entry being accepted I hereby for myself, heirs, executors and administrators waive and release any claims I may have against Sports A/R, LLC, Yavneh Academy, Westfield Garden State Plaza and any and all Parties, Groups, Organizations, Volunteers, Sponsors, and (or) any Representatives involved in Westfield Garden State Plaza 5K & 1M for any and all injuries suffered by me in this event. I certify that I am physically able to compete in this event. I understand that my entry fee is non-refundable. I understand that dogs, bicycles, skates, and similar items are not allowed on the course and agree to abide by the decisions and instructions of the race officials.

SIGNATURE

DATE

SIGNATURE OF PARENT IF UNDER 18

Schedule Of Events

7:30 am Registration Begins
8:45 am 5K Road Race
9:00 am Breakfast
9:30 am 1 Mile Walk/Fun Run
9:45 am Awards Ceremony

AWARDS

5K - Top 3 Overall (male & female)
Top 3 in each age group (male & female)

5 year: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

RIBBONS TO ALL 1 MILE FINISHERS

 Register Online at

PracticeHard.com

No Processing Fee

FEES

Pre-Entry

5K - \$20 with Custom Color Tee

5K USATF-NJ Members - \$18

1 Mile - \$12 with Custom Tee Shirt

5K/1M Combo - \$25 with Custom Color Tee

(One participant in both events)

*Deadlines: 4/12 online; 4/11 by mail.

Event Day Entry

5K - \$25 with Color Tee

1 Mile - \$15 with Tee Shirt

5K/1M Combo - \$30 with Color Tee

*Shirts are "while supplies last" to event day registrants.

Credit Cards will be accepted for online registration only.
Cash/check only for paper applications and on event day.

CONTACT

For event information:
Sports A/R - Ray or Tears - 908-245-3000
tears@practicehard.com



Or Visit The Event Web page
For Details and Online Registration

PracticeHard.com

For Sponsorship Opportunities,
To Volunteer, Or For Information
On Yavneh Academy Please Call

Joel Kirschner
201-262-8494 x307



DIRECTIONS

From Garden State Parkway North

Take Exit 160 Paramus Road. Mall Entrance is
Straight Ahead at First Light

From Garden State Parkway South

Take Exit 163 Route 17 South. Mall Entrance is
on the Right Approx 2 Miles. Follow Signs for
G S Plaza

From New Jersey Turnpike I-95

Take Exit 16W, Route 3 West to 17 North
to Route 4 and Follow Signs for G S Plaza

Race Starts by Nordstrom Entrance

Westfield®

Garden State Plaza

Benjamin Schwartz Memorial

5K Run

&

1 Mile Fun Run/Walk

is brought to you for the benefit of



Since 1942, Yavneh Academy, a primary and middle school, has been educating students in Bergen County. Yavneh provides academic excellence in a nurturing, child-center environment where the uniqueness of each student is stressed. Special attention is paid to differentiating instruction in order to match the children's learning styles, with many programs and opportunities for both enrichment and remediation. Yavneh's success is measured by the thousands of graduates who are equipped with a strong background of academic skills, a love of learning and readiness to meet the challenges of adolescence and beyond. The Yavneh parent body, totaling 430 families, is dedicated to providing their children with the outstanding educational programming that Yavneh offers. Through their devotion and your support, the funds raised by the Yavneh Scholarship Run will enable students in Bergen County to continue to receive the outstanding academic foundation Yavneh Academy strives for in order to maximize the potential of each child.