## Joe "Pizza" Paternostro 3rd Annual 5k Run 1 Mile Walk

## "Jump Start Your Heart"

Sunday October 7, 2012

Registration-8:00am 5k Race-10:00am Fun walk-10:30am

LOCATION: Oak Ridge Park Clark, NJ

COURSE: USATF Certified Course

ENTRY FEE: Registration fee \$20 prior to 10/2/12

\$25 after 10/2/12 and race day

\$23 USATF members

2012 USATF NJ#:\_\_\_\_\_\_\_ T-Shirt Size: € Adult S

<u>AMENITIES</u>: T-shirt guaranteed for all pre-registered participants while supplies last.

SEND ENTRY FORM & FEE: JOE PATERNOSTRO MEMORIAL FUND

P.O.BOX 446, SPRINGFIELD, NJ 07081

New Jersey Grand Prix Event 500 Points

CONTACT INFO: Marina at 973.564.9293 or joepizza5k@gmail.com

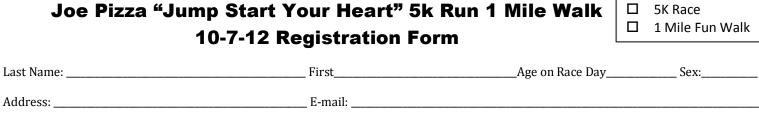
Refreshments, gifts, and entertainment!





## Register online www.joepizza5k.com

- Awards for top 3 overall male & female runners
- Awards for top 3 male/female groups in 5 year increments from ages 14 and under to 85 and
- Scoring by Best Racing Systems



I am physically able and properly trained to participate in this race. In consideration of the acceptance of my application, I, my heirs, executor, successor and assigns do hereby acquit and forever discharge the county of Union, usatfni, event sponsors, agents, volunteers, and persons involved in the promoting of this race from any and all claims, causes of action, demands, rights, damages, costs, loss of service, expenses and compensation which I may hereafter accrue of or in unforeseen damage and consequences resulting or to result from my participation in the "Jump Start Your Heart" event held Sunday, October 7,2012 in Clark, NJ. I also give my permission for the use of my name and/or picture in any newspaper, broadcast, telecast, or other account of this event.

Signature:	Date:
-	(A parent or legal guardian must sign for all participants under the age of 18.)



