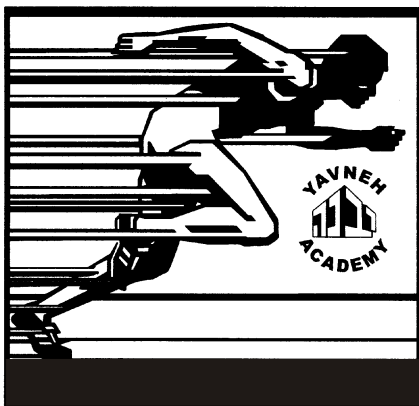


Westfield®

Garden State Plaza 5k 1 Mile Fun Run/Walk



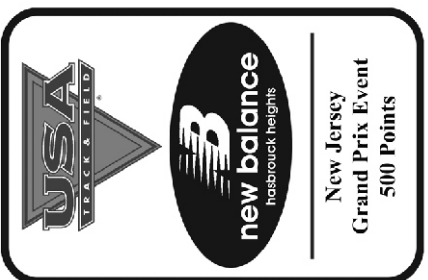
**November 13, 2005
Garden State Plaza
Paramus, NJ**

5K - 9:00am Mile - 8:30am

To Benefit
Yavneh Academy Scholarship Fund

AMENITIES

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



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

2005 Garden State Plaza 5K

Make Check Payable & Mail To: Yavneh Academy Scholarship Fund
546 E. Curtis St. Linden, NJ 07036

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

STREET					
CITY					
STATE					ZIP
PHONE					
E-MAIL					
2005 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 Westfield Garden State Plaza 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

Schedule Of Events

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



PracticeHard.com

No Processing Fee

FEES

5K Run Pre-Entry

\$18 With Long Sleeve Shirt
(\$2. Discount to USATF-NJ Members)

1 Mile Pre-Entry

\$10 With T-Shirt

Post-Entry - 5K/1 Mile

\$20 With Long Sleeve Shirt
\$12 With T-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

SIGN A RAMA

DOUGIES BBQ & GRILL

EMBROIDME

ABM JANITORIAL SERVICES

CAPACITY COVERAGE GROUP

Herbert Schneiderman

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



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 Yavneh Scholarship Fund 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.

For more Information About

Yavneh Academy Scholarship Fund
And
The 5k Road Race - Mile Run/Walk

Contact
Sharon Herenstein 201-287-1077