



Mercedes-Benz



5TH ANNUAL RUN FOR OUR STARS  
5K RUN • 5K HEALTH WALK



500 POINTS



Kid's Fun Run

**SUNDAY, APRIL 29, 2001 AT 9AM - RAIN OR SHINE**

MEF and Mercedes-Benz are sponsoring a 5K Run/Health Walk, certified USAT&F, on Sunday, April 29, 2001 at 9:00am in Montvale, NJ.

**COURSE:** A challenging paved route through the streets of Montvale beginning and ending at Fieldstone Middle School.

**AWARDS & PRIZES:** Overall and male and female age group awards: 1st, 2nd, and 3rd place to runners, 1st place to walkers. (13-19, 20-29, 30-39, 40-49, 50-59, Seniors)

**FEATURES:** T-shirt and give aways to all adult applicants and fun run participants with early registration by April 15. T-shirts and give aways to race day registration (*while they last*). CompuScore race scoring system, refreshments and awards. Certified and sanctioned by USATF-NJ.

**FEES:**

- Pre-Entry 5K Run/Walk Individual (post marked by April 15th) ..... \$12  
*Families Welcome (12 and under walk for free)*
- Pre-Entry 5K Run USATF-NJ Members (post marked by April 15th) ..... \$10
- Race Day 5K Run/Walk Individual ..... \$15
- Pre-Entry Kid's Fun Run (ages 3-12) (post marked by April 15th) ..... \$ 7
- Race Day Kid's Fun Run (ages 3-12) ..... \$10

**CHECK-IN:** Fieldstone Middle School between 8:00 - 8:30am. Kid's Fun Run will begin immediately following end of 5K Run/Health Walk. Approx. 10:30

**DIRECTIONS TO FIELDSTONE MIDDLE SCHOOL:**

**FROM NJ & SOUTHERN NJ:** Garden State Parkway North to exit 172. Make right at end of ramp onto Grand Avenue. At 3rd traffic light make a left onto Spring Valley Road. At 3rd street make right onto McDermut Way. Look for sign Fieldstone Middle School.

**FROM NEW YORK STATE:** New York State Thruway to exit 14A, Garden State Parkway South to 1st exit Schoolhouse Road/ Chestnut Ridge. Make left at end of ramp. Follow through 1st light onto Spring Valley Road. 2nd street on left is McDermut Way. Look for sign: Fieldstone Middle School.

**FROM WESTCHESTER:** Route 95 to the Cross Westchester Expressway to the Tappan Zee Bridge West. Proceed over bridge to NY State Thruway. Follow directions from New York State.

# 5TH ANNUAL RUN FOR OUR STARS Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_

2001 USATF-NJ # \_\_\_\_\_

Walker  Runner  Male  Female

T-shirt size:  M  L  XL

Amount Enclosed:  Pre-Entry Individual \_\_\_ x \$12 = \$ \_\_\_\_\_  \$10 Pre-entry USATF-NJ Member  \$15 Race Day Individual

Additional entries: List names, ages and shirt sizes \_\_\_\_\_

## Fun Run Registration Form

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex  Male  Female

Additional entries: List names, ages and shirt sizes: \_\_\_\_\_

Fun Run \_\_\_ x \$7 = \$ \_\_\_\_\_ Fun Run Walk in \_\_\_ x \$10 = \$ \_\_\_\_\_

T-shirt size:  Youth M  Youth L  Adult S  Adult M

Make checks payable to: Montvale Educational Foundation  
Mail form with check to: MEF

C/O Sharon Krysiak  
54 Hillcrest Avenue  
Montvale, NJ 07645

For additional info call: Lisa Friedman at 201-391-2004  
poohie56@gateway.net  
To register online; www.active.com

I am participating in this event at my own risk and assume all risk and responsibilities for any injuries incurred as a direct or indirect result in my participation in this event. I, for myself and my heirs and executors, also agree not to hold any participating sponsors or supporters or the directors, employees and agents of such parties responsible for any injury or damage suffered. I verify that I have full knowledge of the risk involved in this event, and that I am physically fit to participate in it. If under 18, parent's signature required AND parent or guardian must be present. **No runners under age 13 for 5K.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

SIGNATURE OF PARENT IF UNDER 18

Help a kid shine! Montvale Educational Foundation

