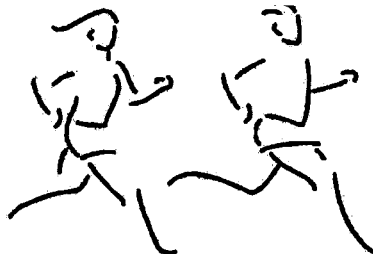


# 4th Annual SDA

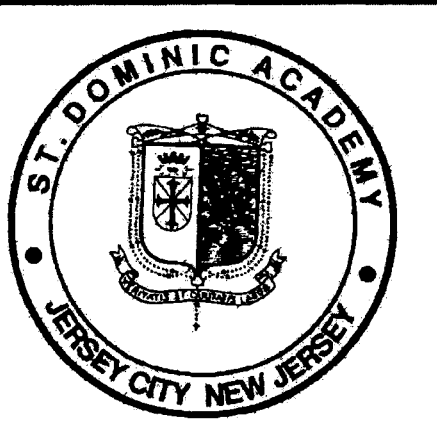
## Spring Thaw

# 5,000 Meter Run



Saturday, March 17, 2001  
Liberty State Park, Jersey City

1-Mile Health Run/Walk - 9:30AM  
5,000 M Run - 10:00 AM



**LOCATION:** Registration and the Start/Finish line will be near the concession stands in the parking lot at the foot of the flag-lined Morris Pesin Drive in Liberty State Park.

**COURSE:** Simple out and back along the panoramic Jersey City waterfront walkway, a TAC certified course.

**KIDDIE RUN:** This short race will be held just prior to the Awards Ceremony.

**RESULTS:** The complete results of the race will be published in The Jersey Journal.

**PACKET PICK-UP:** If you enter prior to March 10, your number and course info will be mailed to you. Numbers & shirts can be picked up at the start of the race beginning at 8AM.

**ENTRY FEES:** \$15.00 March 8 / \$18.00 race day. \$5.00 - Kiddie Race \$10.00 1-mile Health Run/Walk. Entry fees are non-refundable.

**AWARDS:** The number of medals distributed will be determined by the participation in each age group. Top 5 overall male & female, top 2 (minimum) in each of the following age groups: (10 and under), (11-15), (16-19), (20-24), (25-29), (30-34), (35-39), (40-44), (45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75-79), and (80-up.) If there are insufficient entries in any particular age groups, we will combine the groups as warranted.

**REGISTRATION:** Please mail completed forms with entry fees to: John E. Nagel, Race Director, 2572 Kennedy Boulevard, Jersey City, NJ 07304. Make checks payable to St. Dominic Academy. For further information, call (201) 434-5938 or (201) 434 3500. E-mail: sdatrack@aol.com

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(AREA CODE)										(S,M,L,XL)		(5000 METER, HEALTH RUN, KIDDIE RUN)									

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against Saint Dominic Academy, its officers, agents, or representatives and for any kind of liabilities arising out of my participation in the Saint Dominic Academy Spring Thaw 5000 Meter Run/ 1 mile Health Walk/ Kiddie Run, even though that liability may arise out of negligence or carelessness on the part of the entities named in this waiver. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest and verify that I am physically fit and hereby grant full permission to any and all to use any photographs, videotapes, motion pictures, and recordings of the race for any purpose whatsoever.

Please reproduce this entry form and pass it along to your friends.

Thanks.

I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Participants under the age of 18, must have their parent or guardian sign this release.)