

16th Annual Mother's Day Run For Freedom

Sunday, May 13, 2001
Rain or Shine

Start and Finish
Integrity House
105 Lincoln Park, Newark, NJ

Course

Fast ~ flat ~ one hill
USATF Certified #NJ 88008DB
Through the heart of historic Newark.
Splits at every mile.
Water at mile marks 2 and 4.

Time

Post registration and check-in	7:30am
50 yard Kids Course (7 & under)	8:45am
1 mile run	9:00am
5 mile race	9:30am

Registration

\$12.00 Pre-Registration - by May 10th
\$10 USATF-NJ Members pre-register by May 10th
\$15.00 Registration after May 10th
\$6.00 fee for Kids Course
(age 7 & under only)

Make checks payable to: **Integrity, Inc.**

Mail checks and entry forms to:

INTEGRITY, INC.
Race Committee
PO Box 510
Newark, NJ 07101

Awards

Awards ceremony immediately follows the race.
*Prize money to be awarded
in the 5 mile race as follows:*

1st place:	male ~ \$350	female ~ \$350
2nd place:	male ~ \$250	female ~ \$250
3rd place:	male ~ \$200	female ~ \$200
4th place:	male ~ \$150	female ~ \$150
5th place:	male ~ \$100	female ~ \$100

Trophies awarded to 1st - 5th male and female finishers in 1 mile and 5 mile races

Medals to top 3 in each age group in both races !!

10-under	11-14	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+

Medals given to all children participating
in the Kids Course.

***T-shirts to all race participants
-- children too!***

Finish Line

Computerized Scoring by COMPUSCORE

Result postcards will be mailed after the race.

Race Packet Pick-up

105 Lincoln Park, Newark, NJ
Friday, May 11th ~ noon to 4:00pm
Saturday, May 12th ~ 10:00am to noon
or at the race on Sunday, May 13th

*Runners with special needs should call prior to
the race so that arrangements can be made.*

**For additional race information call:
Susan Lyons at (973) 623-7246**

The Run For Freedom

This is the sixteenth anniversary of the *Run for Freedom* traditionally held on Mother's Day.

One of our highlights over the years has been the courteous volunteers who are at the finish line and along the course. The approximately 200 volunteers who help with this race are all Integrity House members.

Family participation is encouraged. Clowns will perform magic and paint faces; mothers will receive flowers and a DJ will entertain. Following the run, all runners will be treated to complimentary fresh fruit, juice, coffee and breakfast provided by Dunkin' Donuts.

All runners ~ even children ~ are treated to a 100% cotton heavyweight, custom-designed T-shirt.

There are clean rest rooms and a safe, secure course.

The race benefits Integrity House, an organization which has been providing substance abuse treatment and social services for individuals and families since 1968.



***Proceeds to benefit the programs of
Integrity, Inc.***